

— THE GOOD THINGS DINING GUIDE —

A PICK OF OVER 125 RESTAURANTS INCLUDING BRAND NEW OPENINGS



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DINING EXPERIENCES

Japanese chef Nobu Matsuhisa has built an internationally-renowned restaurant empire upon his inimitable culinary flair. Ever-hungry to relate the story of a successful soul, curious glutton Douglas Blyde travels to Nobu's latest outpost in St.Moritz to sate his appetite as he satisfies his thirst for knowledge.



ENTERTAINING

Mother's Day should not be all about fluff, flowers and fuzzy feelings. It should be an excuse, were one needed, to celebrate female achievement – especially as it falls in the same month as International Women's Day. Thomas Hobbs sets off in search of the country's strongest female chefs.



TRAVEL & CULTURE

For a really remote escape from the daily grind, join Heidi Fuller-Love on an exotic South American wildlife tour, taking in Ecuador's rich food scene alongside its fauna. From the dizzy heights of Quito to the unique Galapagos archipelago, local discoveries are both abundant and delectable, destinations.



DINING GUIDE

Have you ever wished you could make the sort of hot water-crusted, cold-eating pie you see sitting proudly on the deli counter in your home kitchen, with your own fair hands? Just in time for National Pie Week, chef Andy Bates shares his expert recipe with Zoe Perrett.



ello Good Things readers and welcome to March! I am honoured to be this issue's Guest Editor and want to thank my friend Dan Doherty - talented Duck & Waffle Executive Chef and previous Good Things Guest Editor - for nominating me for the role.

Born in India and having lived all over, I had a wonderful initiation into the country's eclectic micro-cuisines; from her coastal delights to the culinary secrets of her small town kitchens. My mother and father came from different culinary backgrounds so at home, too, we enjoyed a varied diet. I attribute much of my own success to this early opening of my mind to the many possibilities of food and cooking. When I met Cláudio Cardoso, Executive Chef at SushiSamba, I was excited to see that he brings his own confluence of cultures into his cooking – turn to our Food Chain feature to find out more.

Also featured this month is a review of a little gem I discovered in Richmond, Al Boccon di'Vino, which serves rustic Venetian food. I can categorically say if you experience it once, it will stay a firm favourite. I also recommended team Good Things should check out Coya, where Sanjay Dwivedi churns out some deliciously inventive Peruvian fare. Elsewhere in this issue, I was intrigued to learn more about matcha – Japanese green tea – as it's a favourite in our home. We've already enjoyed it as a frosting for dark chocolate sponge and as an ice-cream flavouring, and I've now picked up some new ideas.

March also brings us International Women's Day and, in Good Things, an impassioned piece on female chefs. I hail women chefs in our industry who bring a great dimension to what we offer and who work harder at a work-life balance. I strongly urge restaurants to make their work spaces more female-friendly, as I shall with the new venue I am poised to open in London this year. I would love to see more women thriving on professional kitchens countrywide.

To me, and, I hope, to you, the coming of spring comforts with the warmth of new beginnings and a freshness that inspires.

Happy spring, happy reading and happy cooking!

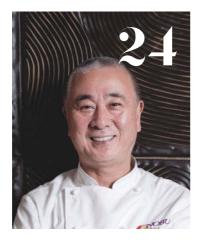


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NTRIBUTORS



GUEST EDITOR - ALFRED PRASAD

Last issue, Guest Editor Dan Doherty nominated Alfred to take on the role this month. Snatching up the reins, the chef reigned with style – sending us to eat at Al Boccon di'Vino and Coya, and, in Food Chain, explaining why SushiSamba's Cláudio Cardoso is the right man to Guest Edit Good Things' April issue.



ANDY BATES

March brings with it National Pie Week, and so we got chef, presenter and all-round pie expert Andy to share his recipe for a hearty cold-eating pie - and tips on his favourite kitchen tool



ANGELA HARTNETT

Angela's skills in the kitchen earned her an MBE - but what does she have to say about fellow female chefs? Find out in 'Is a woman's place really in the kitchen?



CLÁUDIO CARDOSO

The kind of style our forthcoming Guest Editor Cláudio puts on the plate at SushiSamba is inimitable; but you can certainly give it your best shot with his tuna seviche recipe



JEREMY PANG

Chef, tutor and Oriental food guru Jeremy is universally known as School of Wok's resident rockstar. In this issue's Skills Class, we explore what's on offer at his illuminating dim sum masterclass



JESSE DUNFORD WOOD

Noted 'sweet genius' Jesse knows how to elevate all kinds of confectionary to gourmet levels. Parlour's Chef-Patron shares his top tips for home sweet-making in our 'Suave Sweets' feature



JOE WADSACK

Drink wine expert to cast himself away in order to determine his 'Desert Island Dishes



MARGOT HENDERSON

Veteran chef Margot is coowner of the Rochelle Kitchen in Shoreditch. Known for her cleverly-judged, well-executed modern British cuisine, she shares her thoughts on whether women belong in the professional kitchen



MICHAEL HARRISON

As Executive Head Chef for The Cornwall Project, The Adam & Eve, and The Three Crowns, Michael has several plate to keep spinning. In this issue, he shares his commitment to sustainable dining



NOBU MATSUHISA

Wherever you dine in the world, it's likely the name 'Nobu' will be known. We travelled to the Japanese chef's latest opening in St. Moritz to meet the man behind the legend



OMAR ALLIBHOY

Omar's mini-chain of Spanish restaurants couldn't be better titled - Tapas Revolution has caused quite a stir. In 'My Life on a Plate' he tells us all about



RACHEL HUMPHREY

French gastronomy can be a little 'traditional', so it's pleasing that Le Gavroche has a female at the helm; pleasing, too, that this Head Chef. deigned to share her recipes with us



VICTORIA GLASS

Best known for myriad baked delights, for her third cookbook, the Victoria's Cake Boutique founder has turned her hand and head to the topic of 'Boozy Shakes'. We drank it up

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MEET THE TEAM

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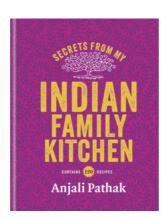






WOMEN FASHION POWER (UNTIL 26TH APRIL)

Take a timely visit to the Design Museum's 'Women Fashion Power' exhibition to celebrate females in the month of International Women's Day and Mother's Day. The well-curated, compelling multimedia collection draws together historic and modern pieces from some of the most influential names in the industry to illustrate and examine fashion as both self-expression and empowerment. designmuseum.org



COOK FROM THIS BOOK

As a member of the family that founded Patak's, Anjali Pathak knows spice - and she's sharing her wisdom in her new cookbook, Secrets From My Family Kitchen. With clear, concise recipes to suit any occasion, it's a very welcome release for anyone who's interested in Indian food but discouraged from cooking their own by unfamiliar terminology and lengthy lists of unfamiliar ingredients. anjalipathak.com

MASTER SEAFOOD WITH THESE CLASSES

Seafood specialists The Wright Brothers know the right way to handle any oceanic offering. On selected dates this March, a series of illuminating 'Counter Culture' workshops will be held in the company's London restaurants, covering sourcing, preparation, and, of course, sampling. Students at 'The World's Your Oyster' will sip Champagne and learn to shuck; whilst 'Oysters, Sashimi and Sake' has an Eastern fusion theme.

March dates:

- 3rd March | Oysters, Sashimi and Sake | Wright Brothers Soho Oyster House
- 14th March | The World's Your Oyster | Wright **Brothers Spitalfields**
- 24th March | The World's Your Oyster | Wright **Brothers Spitalfields**

thewrightbrothers.co.uk



ARABIAN MORNINGS

However exotic the night before, you can now add similar spice to your morning. On Fridays and Saturdays from 9-11am, Arabica Bar & Kitchen is serving breakfast, Middle Eastern-style. Invigorating options include:

- Oat porridge with banana, tahini, almonds & honey
- Saffron poached pear, Ivy Farm yogurt, nuts & seeds
- Za'tar man'ousheh with scrambled eggs
- Full medames and flatbread
- Arabica fry-up

We plan to be breakfasting like (Arabian) kings. arabicabarandkitchen.com



DISCERNING 'SCONNOISSEURS', REJOICE

If your Mum is an afternoon tea aficionado, a Sconnoisseur delivery would make a marvellous Mother's Day gift. Half-a-dozen fresh-baked scones in flavours like rosewater or spelt, walnut and dark chocolate come nestled in a luxury gift box along with your choice of tea pyramids and preserve. Family members in far-flung places? Fear not; international EU-wide delivery is available.

sconnoisseur.co.uk



A MOTHER'S DAY BUFFET MENU

- Hummus (p112)
- Alfred Prasad's Tuna bhel (p14 and scan the front cover!)
- Salt cod fritters (p112)
- Omar Allibhoy's Moorish skewers (p22)
- Beetroot and goat's cheese samosas
- Andy Bates' Chicken and ham pie (p154)
- Rachel Humphrey's Pear, walnut and blue cheese salad (p59)
- Caramelised peaches with St. Tola goat's curd cream (p52)
- Miss Hope's Rosehip iced gems (p37)



(fusianliving.com), says...

MARCH TIPS FOR GREEN-FINGERED GOURMETS

Jo Jo Yee, founder of food-and-gardening blog Fusian Living

- Do: Sow tomato seeds indoors; super-sweet 'Sungold' bears golden fruit, and, for unusual heart-shaped fruits, try 'Tomatoberry'.
- Eat: Come summer, keep it simple - throw into salads or pick and eat straight off the vine.
- Do: Sow beetroot seeds outdoors -'Chioggia' are white with pink swirls and have a sweet taste.
- Eat: Add Julienne-cut strips of this candy-striped beetroot to liven up summer salads.
- Do: Sow chard outdoors, direct or in modules. 'Five Colour Silverbeet' yields rainbow stems and lush leafy greens.
- Eat: For a quick meal, fill filo pastry parcels with sautéed chard and goat's cheese.
- Do: Harvest rhubarb stems by pulling stems outward (rather than cutting) from the base to prevent the stump rotting.
- Eat: Make rhubarb chutney or sauce to serve with oily fish like mackerel.

Eat the season:

- Sauté tender spears of purple sprouting broccoli with garlic and shrimp paste for a Malaysian-style side.
- Toss cauliflower florets with oil and ground spices and roast in the oven until tender and golden-brown.



FIVE-A-DAY THE 'HARD' WAY

Looking for a legitimate reason to hit the hard stuff? How about the fact that the 'Veg Out' cocktails served at London's Ethos (ethosfoods. com) contribute towards your daily vegetable intake? If you can't make it to the bar, take inspiration from the menu for your next homemade tipple...

'Veg Out' menu highlights:

- Sweet Pea vodka, sugar snap peas, sugar syrup, fresh lime iuice
- Tomtini red tomato juice, sugar syrup, rum, dash of balsamic
- Rum Remedy rum, lime juice, sweet peppers, fresh chilli, basil, sugar syrup

THE MOST COLOURFUL **HOLI-DAY**

If you don't like getting your clothes dirty, look away now. From 5-14th March, Londoners can don white and enter Cinnamon Kitchen's 'House of Holi', a pop-up pod where one can gaily fling rainbow-hued paint powders in celebration of the Hindu Spring festival of Holi. A festive menu and colourful cocktails at Cinnamon

Holi colour symbolism:

Kitchen's Anise bar will put paid to the appetite that's sure

Yellow: Auspice

to build.

- Red: Matrimony
- Blue: Lord Krishna
- Green: New beginnings and fertility
- Orange: Piety and strength

cinnamon-kitchen.com

CHOCOLATE, CHEESE, OR WINE? INDULGE IN ALL

From the 27-29th March, Islington's Business Design Centre plays home to not one but two gourmet events: The Cheese & Wine Festival AND The Chocolate Festival, A single entry fare grants casual fans and connoisseurs alike access to both events, each of which features a vibrant artisan marketplace and a host of additional activities.

cheesewinefestival.com

CRAIC-ING ST PATRICK'S DAY CELEBRATIONS

- St. Patrick's Festival. Dublin
- Festa Irlandese, Padova, Italy
- St. Patrick's Day parade, NYC
- Emerald green river, Chicago
- The 'Emerald Island of the Caribbean', Monserrat

WHERE WE'RE MUNCHING IN MARCH

- Zoe Perrett, Features Editor: 'Mithai' (Indian sweets) to celebrate Holi
- Douglas Blyde, Writer & Drinks Expert: Southern Hemisphere wines, a year on from harvest
- Eleanor Ross, Writer & Travel Expert: A giant Mission burrito at SXSW 2015
- Courtney Maggs Jones, Publisher: Guinness and 'match day' food for the Six Nations

5 AFTERNOON TEAS TO PLEASE MOTHER

- Fortnum & Mason, London fortnumandmason.com
- Bettys of Harrogate, York bettys.co.uk
- Titanic Belfast, Northern Ireland titanicbelfast.com
- The Lowry Hotel, Manchester thelowryhotel.com
- Combe House, Devon combehoused evon.com

COLOUR **OFTHE** MONTH



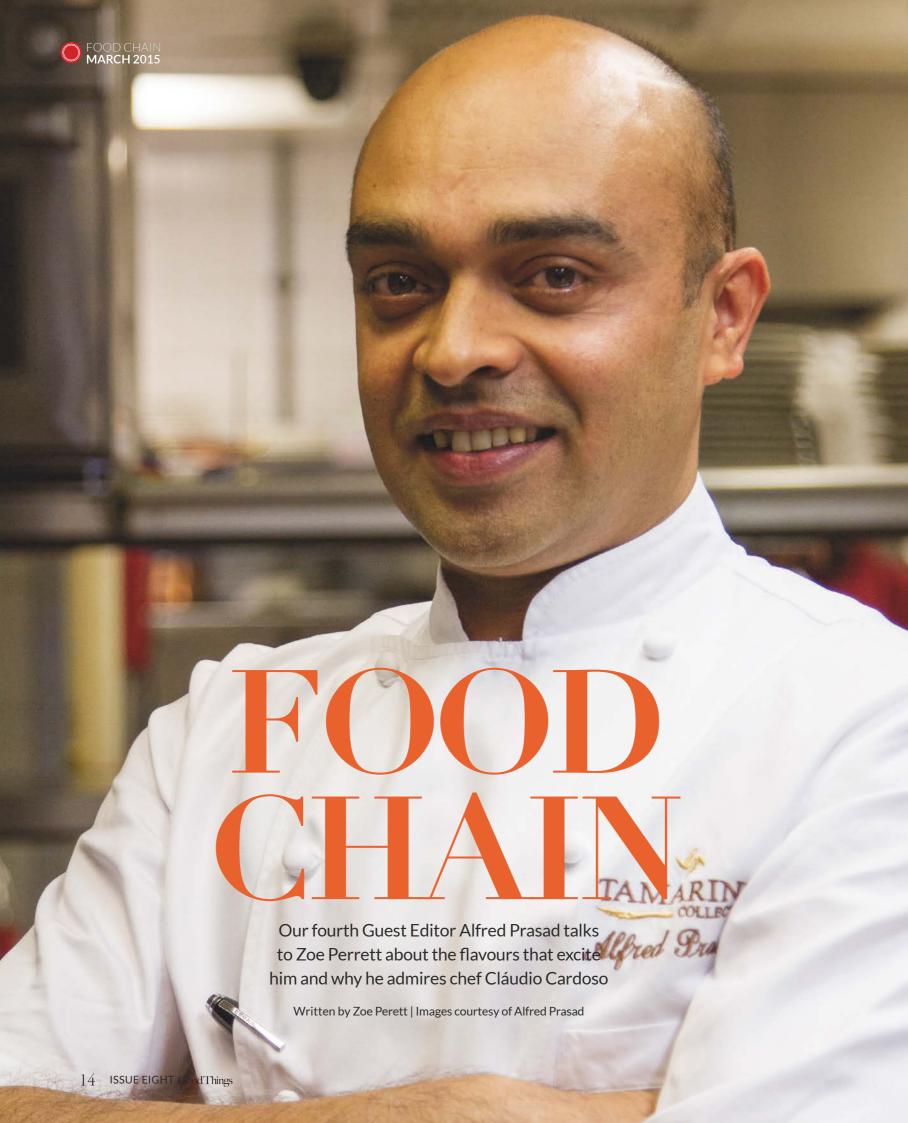
Pantone's glorious, patriotically-named 'Irish Green 15-6340 TCX' is perfect for a month that incorporates St. Patrick's Day, but also represents the very welcome notion, after the solstice on the 21st, spring will indeed have sprung.

- **Shop:** spring greens
- Cook: spring lamb with green herb crust
- Indulge: kale chips
- Give: a leek on St. David's Dav
- Sip: matcha (see p84)

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ood festivals are great places to spot celebrity chefs, but they can also provide the ideal arena for those notable folks-in-food to meet likeminded, cuisine-inclined compatriots. So went the fairytale for Good Things' Guest Editor Alfred Prasad, who fell instantly for the style and substance of Cláudio Cardoso's cooking.

In the latest instalment of our 'Food Chain' feature, Alfred tells us why he's nominating Cláudio as Good Things' April Guest Editor, and what he himself has cooking in the coming year.

ALFRED ON CLÁUDIO CARDOSO, EXECUTIVE CHEF **AT SUSHISAMBA**

At Taste of London 2013, I had the chance to meet and get to know the immensely talented Cláudio Cardoso, who heads the kitchen at SushiSamba. We hit it off instantly. Apart from his brilliant gastronomy skills, he is easy-going, humble, and has a wonderful camaraderie - be it with his team or with fellow chefs in the industry. The few dishes he presented at the festival were a fantastic showcase of his signature style. Clever flavours, techniques and innovations make his food fun, attractive and very enjoyable.

As I got to know Cláudio, I understood how his Portuguese-South African background and the many countries and cultures he has experienced have played such a big part in his journey of culinary evolution. He is big on the sensations he wants the customer to experience and designs his plates very attentively towards that cause. His food boasts a unique and fun energy and he speaks passionately about both the quality and sustainability of the ingredients he works with.

I had a chance to spend a few hours in Cláudio's kitchen and I was glad to see his team working seamlessly and in tandem. A great chef is only as great as his team, especially when there are multiple projects or travels involved. Investing in and nurturing a good team is such a big key to success. I have savoured many mouthwatering creations from this talented chef; most notably his Wagyu tataki with foie gras and quail egg, yellowtail taquitos with ají panca - Peruvian yellow chilli, tuna seviche (see recipe), and a magical 'autumn salad'. Outside work, I have actually adopted a few South American techniques and dishes into my own 'leisure and pleasure' cooking.



"Edgy and outré with style and verve, food treads a sophisticated tightrope between East London hip and City slick; precisely the geographic border upon which SushiSamba teeters"

ALFRED'S LATEST ENDEAVOUR

Having just returned from an exhausting and exhaustive research trip to India, Alfred is inspired afresh. The chef has a deep love for tracing ancient, authentic foodways, coupled with a drive to simultaneously reference and respectfully honour them within his own original creations.

Alfred's announcement that he was stepping down as Tamarind Collection's Director of Cuisine after 13 fruitful years may have shocked some, but the move has enabled him to step up the time spent on evolving his own passion projects. Already cued on the calendar are a cookbook; presentations at food festivals in Bali, Shanghai, Singapore and Greece; and his very first standalone restaurant, due to open in the capital late this year.

To keep up with Alfred's news, visit alfredprasad.com and follow @Alfred_Prasad on Twitter



ALFRED PRASAD'S TUNA BHEL

SERVES: 4-6

INGREDIENTS

• 500g sashimi-grade tuna

FOR THE MARINADE:

- ½ a red onion, finely diced
- 1-inch piece of fresh ginger, finely
- 1 green chilli, de-seeded and finely
- 1 bunch coriander, stalks only (leaves reserved for the dish), finely chopped
- 2 lemons, juice only
- 4 tbsp olive oil
- sea salt and black pepper

FOR THE BHEL DRESSING:

- 2 tbsp roasted peanuts
- ¼ tsp chilli powder
- 1/4 tsp amchur (dried mango powder)
- 1 tbsp date and tamarind chutney (use a good-quality ready-made product)

TO ASSEMBLE:

- 1 packet watercress, washed and dried
- 100ml watermelon juice
- 400g puffed rice
- 1 bunch coriander leaves, finely chopped

METHOD

Cut the tuna into ½ inch dice and refrigerate whilst you prepare the other elements.

For the marinade, combine the onion, ginger, green chilli and coriander stalks in a medium bowl, and refrigerate.

In another bowl, whisk the lemon juice and olive oil with salt and pepper to taste, and

For the bhel dressing, take a third bowl and mix together the roasted peanuts, chilli powder, amchur, and date and tamarind chutney, and set aside.

Add the tuna to the bowl containing the onion mixture and toss gently. Stir in the lemon juice and olive oil mixture and set aside for no more than 5-7 minutes

To assemble each serving, take an Old-Fashioned glass and add some of the watercress. Spoon over a layer of the tuna mixture to come halfway up the glass, then pour over some watermelon juice.

Throw the puffed rice into the bowl containing the peanut mixture, add the chopped coriander leaves, and spoon this 'bhel' over the tuna. Serve immediately.

Tip: If you don't have Old-Fashioned glasses, use similar-sized servingware of choice.

Recipe courtesy of Alfred Prasad alfredprasad.com



CLÁUDIO CARDOSO'S DRY TUNA SEVICHE

SERVES: 2-3

INGREDIENTS

FOR THE VEGETABLES:

- 30g radish
- 50g red onion
- 30g red pepper

FOR THE TUNA SEVICHE:

- 100g fresh tuna, cut into 1cm cubes
- 2g salt
- 1 tsp sov sauce
- 2 limes, juice only
- 1 pomegranate, half juiced and half separated into individual seeds and reserved for plating
- 1.5g lecithin granules (thickening agent, available from souschef.com)

TO PLATE:

- 10g wasabi peas
- 10g maiz morado (purple corn - you may substitute with crunchy sweetcorn kernels)
- 2g basil cress

METHOD

Wash the radish, red onion and red pepper and slice as thinly as possible. Reserve in iced water to retain freshness and crunch.

Place the cubed tuna in a bowl and add the salt, soy sauce, the lime juice, and the pomegranate juice. Leave to marinate for 5 minutes and then remove the tuna from the liquid.

Set the fish aside whilst you thicken the remaining marinade liquid by adding the lecithin granules to the mixture then stirring vigorously until it thickens and appears glossy.

Plate the dish by spooning the thickened pomegranate sauce onto your serving dish and scattering with the reserved pomegranate seeds. Add the marinated tuna and garnish with the reserved vegetables, wasabi peas, the maize morada and the basil cress in a way that makes the dish look as great as it tastes.

Serve and enjoy!

Recipe courtesy of Cláudio Cardoso, head chef at SushiSamba sushisamba.com

ALFRED'S TOP 5 DINING DESTINATIONS:

When he's not suppering at SushiSamba, these are Alfred's favourite restaurants:

- Al Boccon di'Vino nonsolovinoltd.co.uk
- Bombay Wok bombay-wok.com
- Coya coyarestaurant.com
- Club Gascon clubgascon.com
- L'Anima lanima.co.uk

SUSHISAMBA - RAISING THE BAR AND THE DINING ROOM SKY-HIGH FOR FUSION FOOD

The kind of superior stuff that comes out of SushiSamba's kitchen befits the restaurant's city location. Edgy and outré with style and verve, the food treads a sophisticated tightrope between East London hip and City slick; precisely the geographic border upon which Heron Tower - home to the London outpost of the global group - teeters..

Owing to settler communities, South America's combining of Japanese, Brazilian and Peruvian elements is as much historically inherent as modern-innovative. But at SushiSamba, that fusion is pushed to similar altitudes as that which the venue occupies. Sashimis and seviches are as refined as they are raw, whilst cooked fare finds the form of accurate, Japanese-accented South American dishes (or indeed, vice versa). Both Richard Woods' cocktail options and decor (courtesy of New York-based architecture firm Cetra/Ruddy) could be termed 'modernist melting pot'.

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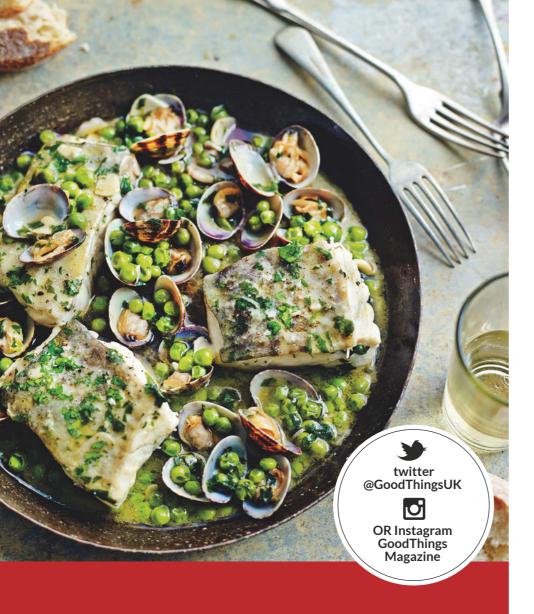


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From Surrex with Love



Dining Experiences

It may be Lent, but there's no need to abstain from eating up the delicious features in this section. You might know the name Nobu, but after reading our in-depth profile, you'll also have a good understanding of the man behind the global brand. We also invite you to take tapas with Omar Allibhoy, meet BBC Food and Drink's wine expert, and sate your sweet tooth with some gorgeous, grown-up confectionary as you learn all about the noble world of sustainable dining.

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Written by Andre Jackson ■

AL BOCCON DIVINO

Andre Jackson asked Good Things' Guest Editor Alfred Prasad to direct him to one of the chef's favourite restaurants - then booked a table accordingly

espite it's evident beauty, Richmond is a touch on the mundane side when it comes to dining. Full of Italian chains and typical high street fare, it isn't one of London's standout areas for foodies. Enter Al Boccon di'Vino, ('divine mouthful'), a unique Venetian-style restaurant run by chef-proprietor Riccardo Grigolo, offering no menu, no fixed price and the promise of a damn good meal.

The venue

Intimate, interesting and extremely authentic, Al Boccon di'Vino is about as close as you'll get to a real Venetian restaurant in London. The walls are laced in dark wooden shelves, each harbouring a glorious selection of fine wines from all over Italy. It has a real family feel, as though you've been invited over for dinner at your Italian aunt and uncles in Venice. With only enough room to seat 30 covers, the relatively close proximity of the tables is more than made up for by the inclusive, family atmosphere created by Grigolo and his staff.

The food and drink

Two words – come hungry. I counted nine separate courses, and it's all of the highest quality. Food appears throughout the night, which began at 7pm and ended at 10.30pm, and each course is served to the whole restaurant at the same time. We began with four antipasti dishes (aubergine with mozzarella and parmesan mousse was lovely) followed by three pasta dishes (mixtures of both meat and fish with various fresh pasta), a main course of incredibly well-cooked lamb (brought out in its entirety to rapturous applause from the diners) with roast potatoes and ended with strawberries and panna cotta. This was followed by homemade lemoncello and coffee, while wine (white or red) was served at intervals throughout the night.

The service

Wonderfully vibrant and fun. You'll get no silver service here. Grigolo does an incredible job at making everyone feel comfortable, appreciated and looked after from start to finish. A true Italian host if ever there was one.

The GoodThings Verdict The most unique of dining experiences offering

everything you could possibly ask for. Good food, great service, a buzzing atmosphere and plenty of booze. Go for a special occasion and await the shock when you leave and remember that you're still (just about) in London.

Average price for the entire dining experience and a bottle of wine - £120

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MY LIFE ON A PLATE

OMAR ALIBHOY

With his Cheshire cat grin and warm persona, Omar Allibhoy appears perpetually happy with his lot. Zoe Perrett subjects the Spanish chef to an inquisition



Madrid-born Omar Allibhoy comes over as far more relaxed and cheerful than an overworked chef-patron of a small-but-growing tapas bar group has any right to. And the fact that the opening of his latest Shoreditch venue is only one of the projects on his overflowing plate only makes his demeanour all the more disconcerting.

But then Omar is just one of those characters who seem to weather storms with a smile. And right now, as his London empire adds a third venue to his two existing, wildly successful restaurants, one could say he's got rather a lot to be happy about...

You trained under the legendary three-starred chef Ferran Adrià. Does the food you cook today bear any of his influence?

Yes it does, some of my dishes definitely have a level of technique that comes from my days of working for him in San Sebastián.

In London, you worked at Gordon Ramsay's Maze, and the man himself dubbed you 'The Antonio Banderas of cooking'. Did you ever come to blows?

No, never... We always had a good relationship and he never once told me off!

Your own Tapas Revolution expansion continues apace - do you feel the restaurants have lived up to the name and revolutionised diner awareness of Spanish smallplate dining?

Yes I do, we've served a lot people since we opened and people come back again and again and tell their friends about us - I think that's a sign it's working.

The third addition to Tapas Revolution is in Shoreditch, a neighbourhood noted as being home to many a hipster. Do you feel what you offer will appeal to the locals?

Yes very much, I've always said that tapas culture is for everyone, regardless of your age, financial or social status. I think it will prove a welcome addition to the exciting Shoreditch food scene.

Tapas Revolutions one and two are located in shopping malls (Westfield London and Bluewater), a clever move when diners are looking to 'squat and gobble' as tapas lend themselves so naturally to this dining style. Does Shoreditch encourage guests to linger longer?

In Spain people drop in to tapas bars for a drink and some good food with friends, they then move on with whatever they're doing. We hope to replicate the real Spanish way of meeting and dining in Shoreditch.

You're committed to offering not only authentic dishes, but also to making them with authentic produce. Who are some of your favourite suppliers and what are their specialities?

I deal directly with artisans and producers back in Spain and produce is brought to me by demand. A distributor makes no difference to me; it's the passionate producer that I'm behind. We have most amazing smokehouse in Madrid, and so with the new restaurant we're bringing the best ham in the world to East London - Jamón Ibérico de Bellota Joselito. It's simply the greatest.



Get a taste of the Tapas Revolution

Shoreditch 58 Bethnal Green Road, London E1 8JW Bluewater Upper Mall Greenhithe Kent DA9 9ST Westfield London Ariel Way, London W12 7SL

Tapas Revolution | tapasrevolution.com T: tapasrevolution FB: tapasrevolutionlondon

What are the most common mistakes people make when ordering a meal made up of tapas, and how can one avoid showing their inexperience?

Some people don't get the right balance when ordering the food; the waiters are always there to help if they notice something doesn't quite match. The most common mistake when ordering is choosing the wrong wine for the food you're eating. A tapas meal has lots of different flavours, they may not all suit one wine and that's the most challenging part. It's also why we drink so much beer in Spain, because of the way we eat our food with so many different tastes.

The new Shoreditch tapas bar upholds a tradition called 'paella los Jueves' - what's that all about?

We have a special lunch menu running from Monday to Thursday. Just like in Spain, it offers a starter, a main and some bread. On a Thursday it's a tradition all over Spain that paella is served for the workers; it's always on the lunch menu, just like in Shoreditch. In a similar way, cocido (stew) is always served on Tuesdays.



"Service isn't a performance. There is only one purpose when cooking: to bring great food to the table"

If you could combine your favourite dishes from each Tapas Revolution into a single spread, what would be on the menu?

A plate of Jamón Ibérico de Bellota Joselito (did I mention it's the best ham in the world?!) pan con tomate (toasted bread, garlic, tomato and olive oil), gambas al ajillo (prawns cooked in garlic and chilli oil), a made-to-order Spanish omelette, and pork cheeks cooked with chestnuts and a chocolate sauce.

All the Tapas Revolutions famously have open kitchens. Do you feel more pressure when cooking 'on show', or do you actually prefer to provide a bit of performance as you cook?

At Tapas Revolution we use very well-sourced ingredients and pride ourselves on cooking them with respect. We have nothing to hide and I believe people should be able to see the action and as much as they want of what they're about to eat. Our open-plan kitchen at Shoreditch is open not just towards the restaurant but also towards the street. When people passing by see the food cooking, it should hopefully entice them in to try some!

Does all that open-kitchen action help when cooking for the cameras on shows like This Morning and Sunday Brunch?

Not really, service isn't a performance. There is only one purpose when cooking at the restaurants: to bring great food to the table as smoothly as possible at the highest quality.

Which other cookbooks join a copy of your own bestseller, 'Tapas Revolution', in your home kitchen?

I have Alain Ducasse's Culinary Encyclopaedia and all of Gordon Ramsay's cookbooks.

You can't spend your whole life cooking. What else do you like to do during rare periods of downtime?

In this case, I open new tapas bars! After Shoreditch, I'm opening another tapas bar in Grand Central Birmingham in September. Good or bad, I work really hard - so most of my time is actually spent thinking about food and restaurants.



PINCHOS MORUNOS WITH MOJO PICÓN - MOORISH SKEWERS

SERVES: 4

INGREDIENTS

For the pinchos morunos:

- 500g pork fillet (you can also use chicken, beef or lamb)
- 1 tsp hot or sweet pimentón
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tbsp fresh thyme leaves
- 1 garlic clove, finely chopped
- drizzle of olive oil
- salt and freshly ground black pepper

For the mojo picón:

- 1 slice white bread
- 4-5 tbsp Spanish olive oil, plus extra for frying
- 2 garlic cloves
- 5 dried cavenne chillies
- 1 tsp cumin seeds
- 1 tsp sweet pimentón
- 2 tsp sherry vinegar

METHOD

Trim the pork fillet of any excess fat and then cut into 2-cm cubes. Place the meat in a large mixing bowl and add the pimentón, cumin, some black pepper, oregano, thyme and garlic. Mix well, drizzle over the olive oil and leave to marinate for at least an hour, but anything up to 2 days is fine.

Meanwhile, make the mojo picón. Start by frying the bread in a little olive oil, drain on kitchen paper and tear into pieces. Using a pestle and mortar, mash together the garlic. cayenne chillies, cumin seeds, pimentón, fried bread, vinegar and salt until you have a smooth paste. You could also use a food processor for this bit. Start adding the olive oil in a thin drizzle while you are still mixing.

When you are ready to cook the pinchos, thread the meat on to skewers (if you are using wooden skewers it's a good idea to soak them in water for 30 minutes to stop them burning). Pinchos morunos can be cooked over charcoal (the best way, in my opinion), under a hot grill or in a griddle pan over a very high heat. Cook for about 2 minutes on each side - you want them to be cooked through but still juicy on the inside. Season with salt and pepper and serve with the mojo picón.

Tip: If you want to make these with chicken, use the thigh. If you are using beef use the skirt or flank and if you want to make lamb skewers use the leg.



BACALAO EN SALSA VERDE - COD WITH PEAS AND PARSLEY

SERVES: 4 as a main dish

INGREDIENTS

- 100ml olive oil
- 5 garlic cloves
- 1 tsp plain flour
- 50ml white wine
- 200ml fish stock (fresh or from a stock cube)
- small bunch flat-leaf parsley, finely chopped
- 1 x 142-g tinned cooked peas drained or 100g frozen peas, defrosted
- 1kg cod fillet, cut into 4 portions
- sea salt and freshly ground white pepper

METHOD

Put the olive oil and garlic in a large frying pan and place over a medium heat (you want to start frying from cold so that the oil becomes infused with the garlic aroma). When the garlic starts to golden, add the flour and toast it for a minute or so before adding the white wine, stirring all the time. Add the fish stock. little by little, stirring constantly so you get a smooth sauce.

Add the chopped parsley and peas and bring to the boil. Season the cod fillets and then place in the pan, skin-side down, and reduce the heat to low.

Cook the fillets for 3 minutes, shaking the pan gently to release the juices from the fish - this will make the sauce even more delicate and flavoursome. Turn the fillets over and cook for a further 4 minutes.

Tip: If my fishmonger has them, I often buy a handful of clams to add to this dish - simply throw them into the pan just after adding the cod.

CHORIZO A LA SIDRA -**CHORIZO WITH CIDER**

SERVES: 8 as a tapas dish

INGREDIENTS

- 4 fresh spicy chorizo sausages
- 500ml vintage cider (still and dry)
- bread, to serve

METHOD

Place the chorizo sausages in a small pan (they should fit snugly) and pour over the cider. Cook over a high heat until the cider reduces down into a rich syrup - this should take about 30 minutes. Alternatively you can reduce the heat to low and leave the sausages cooking for up to an hour - they will be just as tasty and tender.

Cut the chorizo into thick slices and serve hot with good bread.

Tip: Make sure you use fresh chorizo for this recipe as dry-cured chorizo will become very hard.



SERVES: 4-5 as a tapas dish

INGREDIENTS

- 1kg of clams
- 100ml Spanish olive oil
- 5 garlic cloves, finely chopped 1 shallot or ½ a Spanish onion,
- 6 slices jamón Serrano, roughly chopped
- 1 tsp plain flour

finely chopped

- 1 tsp hot pimentón, although the sweet variety will do as well
- 150ml fino sherry
- 2 tbsp freshly chopped flat-leaf parsley
- sea salt and freshly ground black pepper

METHOD

Start by soaking the clams in cold water for about 20 minutes to allow them to release any sand trapped in their shells. Rinse thoroughly under cold water and discard any that are open, broken or don't close when tapped firmly.

Heat the oil in a large frying pan (wide enough to hold all the clams) over a medium heat and add the garlic, onion and jamón. Cook until the onion is translucent, but not coloured.

Add the flour and pimentón and stir-fry for 20 seconds to cook the flour. Add the sherry, stirring all the time and then quickly flambé by setting light to the pan using a lighter or long matches. If you don't want to flambé the sherry don't worry, just cook for 1 minute so that the alcohol evaporates. Add the cleaned clams to the pan, turn up the heat and shake the pan vigorously, tossing the clams a couple of times. Season to taste and stir in the parsley, cover with a lid and cook for 2-3 minutes until the clams are fully opened (throw away any that remain closed). Stir again before serving with lots of fresh bread to soak up the sauce.

All recipes from 'Tapas Revolution' by Omar Allibhoy, published by Ebury Press, £20 tapasrevolution.com





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tuck my airport-bought sci-fi away in favour of the clear day. The curved window of the train's panoramic car reflects humbling scenery. Whitecrested teal flurries of some of Switzerland's one thousand five hundred lakes lap mountains with misty tips. The bright white valleys roll and surge like ruched linen, cut occasionally by skiers fuelled by caffeine (or glühwein) sipped from brushed aluminum flasks.

At Celerina, there is no platform; passengers disembark direct to tarmac. Then at St. Moritz, 'twice site of the winter Olympics and birthplace of winter sports holidaying' according to the soothing PA system, a Rolls Royce awaits, prowling the short hill to the Badrutt's Palace. Contrasting the limo's burnished bodywork and deep pile rugs and chauffeur's uniform, I am rancid of appearance; worn to stubbly shreds by the hours-beforedawn start.

Although I spent much of my journey hungry to the point of anxiousness, frightened from the antique buffet car by the soaring Swiss Franc, the promise of a good feed at Nobu Matsuhisa's sixth and latest eponymous restaurant lies ahead. This is Nobu's own business, I learn, as opposed to the 'Nobu' collection, of which there are over thirty outlets, including cruise ships and

dedicated hotels. The man himself explains: 'No Robert de Niro, but exactly the same concept.'

We meet in the centre of the dining room. 'This is not so modern,' he says - somewhat relieved, I sense - of Swedish-born, adopted Londoner Martin Brudnizki's décor. 'But in food people always look for fashion and the new.'

Over dinner, featuring black cod yuzu miso and wagyu beef, Nobu shares his story. Inspired by his mother (his father, a lumber merchant, died when he was eight), Nobu progressively learned his craft, rising through the ranks at Tokyo sushi parlour Matsuei. For the first three years, he unloaded deliveries and rinsed dishes spotless. When he finally grew into the role of chef, neither olive oil nor garlic would be part of his lexicon until, aged twenty four, he moved to Lima, Peru to open a sushi bar, following encouragement from an entrepreneur regular.

'Eye-opening!' he recalls. 'A brand new experience. And fish was never in short supply back then.' There, with few traditional Japanese ingredients available, he developed, through trial-and-error, what he terms 'Nobu-style' cuisine, preferable, he is at pains to clarify, to catch-all 'fusion' cuisine.

He talks, for example, of the 'new-style sashimi' he prepared for an American customer who feared even the freshest morsel might be 'fishy' if uncooked. 'I gently warmed olive oil and introduced the sashimi to it then brought it to her. Tentatively, then enthusiastically, she ate all the fish.' Herein, along with a sense of 'heart', is the key to Cont. P30 the international success of Nobu's food: flexibility. 'I stay customer-side in my restaurants, asking people, 'what do





From P28

you want to eat?'

Rather than linger through later life, much of Nobu's time today is given to constant evaluation of service standards. For example, ostensibly visiting Nobu Milan for a sake ceremony yesterday, he was irked by foibles with the food. 'The rice of the sushi was too tight,' he says. 'And the young chef 'mixed' flavours when the concept has to be simple and clean. Maintain the taste of each product.

But how does Nobu, who spends up to ninety percent of the year travelling to sites, maintain a semblance of family life? 'I'm still married after forty two years because I'm away that long!' he half-jokes. 'But in my good chefs, I have family all over the world.'

As founder of a famous range of restaurants endorsed, frequented, and in Robert De Niro's case, part-owned by the super-rich, how has Nobu adjusted to fame? 'I like to say I never change personality,' he says, although I cannot help but raise my eyebrow.'

Does Nobu believe an arguably divine hand steers him through life? 'I almost killed myself in Alaska,' he tells me, bringing up the drama surrounding his first standalone restaurant in Anchorage. The venue uninsured - was ruined by fire on Thanksgiving Day. 'I couldn't eat, drink, or even talk.' He illustrates his next words with the prop of a small tin of complimentary hotel mints. 'I was on the edge... Why didn't I?' His eyes, which are not normally, I have found, easy to read, harden. 'The kids. One eight months old, the other, a year-and-a-half, were playing around me, happy to actually see their dad who would normally

Menu highlights

- Kelp salad with tosazu
- Lobster sauté with sake, soy and truffles or wasabi pepper
- Wagyu beef with three sauces
- Whole shimeji mushroom tempura



MATSUHISA SHRIMP

SERVES: 4

INGREDIENTS

FOR THE CREAMY SPICY SAUCE:

- 2 egg yolks
- ½ tsp sea salt
- white pepper
- 2 tsp rice vinegar
- 200ml vegetable oil
- 20ml chilli-garlic sauce, passed through a sieve

FOR THE SALAD:

- 4 fresh kuruma shrimp (Japanese tiger prawns, about 30g each)
- vegetable oil, for deep-frying
- 1 tbsp clarified butter
- 1 shiitake mushroom, stem removed, sliced lengthwise into 4 pieces
- 2 shiso leaves, cut in half lengthwise
- a little creamy spicy sauce (see below)
- 4 tsp Osetra caviar
- 2 tsp vuzu juice
- 1 sudachi citrus, halved, for garnish (optional - or use lime)

METHOD

For the creamy spicy sauce, whisk the egg yolks in a bowl, adding the sea salt, a little white pepper and the rice vinegar. Gradually whip in the vegetable oil, a little at a time, ensuring that the mayonnaise doesn't separate. Stir in the chilli-garlic sauce and reserve until required.

For the shrimp, remove the heads, then shell and devein. Rinse briefly under cold water and drain. Deep-fry the heads in oil and set aside.

Make a slit down the middle of the shrimp as far as the tail and lightly score lines all over the shrimp with the heel of a knife blade.

Heat the clarified butter in a small frying pan set over medium heat and sauté the mushroom

Preheat the grill. On the slit side of each shrimp, add a piece of mushroom and half a shiso leaf with a dab of the creamy spicy sauce. Grill for 1 minute until the surface of the shrimp just turns opaque.

Transfer the shrimp to a serving dish and top each with a teaspoon of caviar and ½ teaspoon of yuzu juice. Serve with the deep-fried shrimp heads and garnish with the halved sudachi citrus, if using.

Recipe courtesy of Nobu Matsuhisa nobumatsuhisa.com



BABY SPINACH SALAD WITH DRY MISO AND YUZU DRESSING

Nobu San says, 'We use baby greens a lot at my restaurants. Leafy vegetables turn harsh and bitter with age; younger ones just naturally taste fresher. Add some dry miso and fried leeks, and you have a salad bowl full of umami.

SERVES: 1

INGREDIENTS

FOR THE FRIED LEEK:

1 x 8 cm-piece of leek, white part only, washed and thinly shredded

FOR THE SALAD:

- 30g fried leek (see method)
- 90g baby spinach
- 4 tsp dry miso (a bit difficult to find, but you can dry some white miso paste and
- 4 tsp Parmigiano Reggiano, grated
- 1 tsp yuzu (Japanese citrus) juice
- truffle oil
- extra virgin olive oil

FOR THE TOPPING:

red pepper, diced

METHOD

For the fried leek, heat oil in a deep pan until it reaches 150C. Add the shredded leek and deep-fry until just before it begins to brown. Drain on a wire rack in a warm and dry spot in the kitchen for 1-2 hours before use.

For the salad, soak the baby spinach in ice water to crisp it, then drain.

In a large bowl, combine the reserved fried leek with the baby spinach, dry miso, Parmigiano Reggiano, yuzu juice, truffle oil and

Arrange the salad on a plate, top with diced red pepper, and serve.

Recipe courtesy of Nobu Matsuhisa nobumatsuhisa.com

Getting there

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be out working. My wife was next to me, because she 'knows'. And I heard a voice from God in the laughter of my daughters. My family saved my life.

From that point, Nobu learned the futility of rushing. 'Do things one by one. If I move only one millimetre forward, I am still happy.' It would be a further nine years until Nobu launched the first Matsuhisa in Los Angeles.

Nobu has also become a philanthropist. One of his best friends is fellow celebrity chef, occasional actor and restaurateur Wolfgang Puck. 'We're the same age and do a lot of charity events together, he says. 'Now I'm past sixty, I feel it is time to give back.' One recent event was for UNICEF (UAE), where Puck and Nobu headlined a banquet for nine hundred. 'We raised, through the cost of dinner and an auction, \$10.7m in one night alone.

'There is only one difference between a long life and a good dinner: that, in the dinner, the sweets come last,' wrote Robert Louis Stevenson. Nobu's Suntory whiskey-spiked 'cappuccino' proves my favourite dish, and I notice, for the first time, the small beams of light shining towards the restaurant's skylight, framed by the original riveted steel girders. Bringing my eyes back to Nobu, I suddenly remember the question I agreed to ask for the shy lady manager at Badrutt's Palace: what does he find most attractive in a woman? 'Number one, intelligence,' he says, instantaneously, 'then, not to be aggressive, and to have heart.' And it is time for him to raise an eyebrow. 'Also, physically attractive...'



Wine communicator, judge and qualified winemaker Joe Wadsack stars alongside Hand and Flowers chef Tom Kerridge on the BBC's Food and Drink programme. Previous TV appearances have included Saturday Kitchen, Ladette to Lady, and Richard and Judy, where he coauthored their Wine Guide. One of Joe's most enjoyable jobs was consulting for Devon's Dartington Crystal where he aided their design department in creating the lead-crystal Wine Master glass range. Joe's love of food came from his father, Karl Hermann Wadsack, who won Egon Ronay's Chef of the Year 1976 at Chewton Glen (New Forest) followed by a successful gastro-pub which scooped Egon Ronay's Pub of the Year.

Which restaurant would you most miss on your desert island?

Well all I'd need is a rod, a net and a plancha. But assuming that I wouldn't be in the mood for a six-course mind massage à la Ledbury every day (although I can see why some would - it's perfection), I would instead trust the varied diet to be treated interestingly, carefully and simply by a safe pair of hands. That pair of hands would be the irrepressible Seldon Curry of the Wallfish Bistro in Clifton (Keith Floyd's old gaff). I'd trust Seldon to cook anything (see recipe).

And which bar?

The Pink Chihuahua, Brewer Street (elcamion.co.uk/cocktail-bar)

What alcoholic beverage would you like to take stocks of to your sandy idyll?

Now this one comes straight out of The Tau of Mr. Wadsack Snr. I come from a family of pin-ups - sex idols. Not for humans, but for insects! If there's a fly within one hundred yards of me, it will find me. Or my father. He made the discovery many years ago that if we drink aniseed drinks, they can't bloody touch us. It's the anise in the sweat, you see. So the answer is an unlimited supply of Henri Bardouin Pastis. It's the best.

And non-alcoholic?

Cherry juice for my gout.

Would you rather take a fork, spoon or a pair of chopsticks on your adventure?

A fork to double-up as a spearhead, and a spoon as a magnifying reflector. Or chopsticks? Well I could make those. Let's go for fork.

What's the one recipe you couldn't live without on your island?

Tom yum soup.

And what food book couldn't you do without?

Cooking for Friends by regular guest of Food and Drink, Raymond Blanc OBE.

What food would you be glad to see the back of?

Condiments. Most of them anyway. I consider them to be... cheating!



"Joe's love of food came from his father, Karl Hermann Wadsack, who won Egon Ronay's Chef of the Year 1976 at Chewton Glen"





RACK OF LAMB WITH SWEETBREADS, ONION PUREE AND ANCHOVY SAUCE

SERVES 4, WITH EXTRA ONION PURÉE

INGREDIENTS

FOR THE ONION PURÉE:

- 4 large onions, very finely sliced
- 25g unsalted butter
- 100ml full-fat milk
- salt, to taste

FOR THE LAMB:

- 4 x 3-bone lamb racks, untrimmed
- salt to taste
- 15g unsalted butter
- 2 sprigs of rosemary

FOR THE ANCHOVY SAUCE:

- 2 shallots, very finely chopped
- 20 decent salted anchovies, very finely chopped
- the cloves from 4 bulbs of garlic, peeled and very finely chopped
- 50g fresh breadcrumbs
- 100ml chicken stock
- 15g unsalted butter

FOR THE SWEETBREADS:

- 12 large lamb sweetbreads (you can get sweetbreads from throat or heart, those from the heart are generally plumper and happier), washed under cold running water for 20 minutes then brought just to the boil in a pan of cold water and set aside until needed
- small glass of chicken stock or wine

TO SERVE:

- 200g purple sprouting broccoli
- 2 sprigs of rosemary

METHOD

Preheat oven to 200C.

For the onion purée, put the finely sliced onions in a high-sided pan with half the butter and the milk. Season to taste with salt and cook, covered, on a low heat for approximately 40 minutes, stirring occasionally until the mixture is totally yielding.

Blend the cooked purée in a food processor or with a hand blender until very smooth, then pass through a fine-meshed sieve. Keep aside in the pan until required.

For the lamb, score the lamb racks on the fatty side, season with salt, and then put in a cold, ovenproof pan set over a medium heat (or else cook in a normal pan and transfer to a baking tray when putting in the oven). Keep half an eye on them whilst you knock up the anchovy sauce. The aim is to literally melt and render the fat out of the lamb.

For the anchovy sauce, spoon a little of the rendered lamb fat from the \tan and heat it in a pan to $cook\ the\ chopped\ shallots, anchovies\ and\ garlic\ until\ soft.\ Add\ the\ breadcrumbs\ and\ stock\ and$ continue to cook and stir, in order to amalgamate the ingredients. Finish with the butter.

When there is some colour on the lamb skin, put it into the oven, skin-side down, with the butter and rosemary, and cook for around 8 minutes.

Meanwhile, cook the sweetbreads. Peel the par-cooked sweetbreads to remove all obvious fat, membrane and unpleasantness and sprinkle with a little flour. Warm a little oil in a frying pan set over medium-high heat. Add the sweetbreads and move around the pan until evenly-coloured all over. Add a splash of the chicken stock or wine, and reduce until the sweetbreads are covered in a luscious glazed liquor.

When the lamb is cooked to your liking, remove from the oven and rest in a warm place for about the same time it has cooked. Meanwhile, warm both the anchovy sauce and the onion purée and lightly cook the purple sprouting broccoli for approximately 3 minutes until just tender.

When ready to serve, carve the lamb racks evenly into three chops. Put a spoonful of onion purée in the centre of each plate and then intersperse the broccoli, chops and sweetbreads almost as if they have fallen together from a tree. Dress with spoonfuls of the warm anchovy sauce and enjoy. A better flavour combination simply doesn't exist!

Recipe courtesy of Seldon Curry, head chef at the Wallfish Bistro wallfishbistro.co.uk





Playground regression is getting a gourmet makeover as elegant, artisan, very adult confectionary repla heap candy. Zoe Perrett rushes for the sugar

Written by Zoe Perett | Images © Cristian Barnett & Alice Griffith

yourself slipping into a sweetshop and making a covert confectionary purchase as though your chosen poison were a Class A substance, cease, desist, and learn to treat yourself a little better. Don't misinterpret my meaning. I wish no-one to sign up to the self-flagellating, clean-eating school of denial. The instruction is literal; a plea for you to simply seek a better standard of the sweetmeat in question. You truly do deserve decadence, but of a superior kind the sort befitting a fully-functioning adult with a discerning palate. Trend-predicting pundits are keen to tar any sweet tooth-afflicted individuals over the age of eighteen with the unflattering brush-off 'kidult'. With that label comes expected etiquette: we crave (no longer Cadbury Dairy Milk-containing) Creme Eggs, inhale Haribos like vitamin pills, and hover around pic'n'mix counters like a determined seagull with a beady eye on a plate of chips.

he next time you find

The typical image of a sweet-loving grown-up leaves a sour expression on my face. I, and many other confectionary fans, have more taste. Yes, we want to crunch, munch, suck,





chew, and generally savour all sorts of sweets, but not at the expense of elegance, refinement, or excellence in terms of ingredients and technique.

Luckily, the demand is supplied by a growing number of British artisans offering all sorts of 'adult candy' - that term referring exclusively and explicitly to the age of its target market, of course. The luxury-laden sweet departments of Harrods, Selfridges, Liberty and Fortnum & Mason might permit children, but in reality, these playgrounds are for grown-ups. Granted, nostalgia is a key theme for many of the contemporary confectionary companies housed in both said halls and dedicated boutiques, but a healthy hanker for the treats of one's youth is infinitely more acceptable than that which the 'kidulthood' tag intimates; a revolting and slightly ridiculous reversion to a childish state. The pillowy, delicately-flavoured and cloud-soft marshmallows that nigh-on fly from the kitchens at London's Anges de Sucre and Irish artisan confectioner Pandora Bell's honey-based nougat perfectly exemplify this breed of well-bred confection. There's even a bit of performance art on occasion: at Spun Candy's slick sweet boutique in Covent Garden, one can witness their intended sugar fix being mixed, manipulated and moulded.

But it's not just about what's in the box, but also what's on it. The clean, contemporary graphics decorating Jealous Sweets' 'nasty-free', high-end boxes of gummy candies have clear 'adult appeal'. Melt's definitive caramels go for determined understatement, each hand-hewn piece wrapped in a simple brown paper twist.

However it's attired, artisan confectionary is not the sole preserve of the sweet boutique. Sugar-hungry home cooks can also get in on the act. Last year, husband and wife duo

Hope & Greenwood brought Sweets Made Simple to our screens and an accompanying cookbook to our shelves, revealing recipes for such grown-up delights as Newcastle Brown Ale caramels and gingerbread latte fudge. Angel Adoree's The Vintage Sweets Book brings a knowing, grown-up twist to the nostalgic sweet treats it celebrates, using many of its confections in cocktails.

Alcohol is an addition that clearly

demarcates any kind of sweet stuff as 'intended for adults'. Smith & Sinclair's cocktail pastilles are, in effect, the soft, sugar crystal-coated jellies you ate as a child; but each tipsy treat packs a spirited whack. The Shetland Fudge Company offers an extensive line of alcohol-inclusive fudges, whilst Fudge Heaven's 'Fuffle' - a confounding fudge-truffle hybrid confection – comes in various inebriated editions. So in future, should someone raise an eyebrow when you utter your allegiance to 'adult confectionary', please explain that you refer not to 'rude' novelty treats, but simply to elegant confectionary that's thoroughly acceptable to enjoy as a grown-up. Then smile sweetly and offer them a bon bon.



Cook the books

- 'The Vintage Sweets Book' by Angel Adoree, published by Mitchell Beazley
- 'Sweets Made Simple' by Hope & Greenwood, published by BBC Books



Treat yourself

A little of what you fancy...

- JELLIES! Smith and Sinclair smithandsinclair.co.uk
- MARSHMALLOWS! Anges de Sucre angesdesucre.com
- LIQUORICE! Sweet Roots facebook.com/sweetrootslicorice
- FUDGE! The Shetland Fudge Company shetlandfudge.co.uk
- FUFFLE! Fudge Heaven fudgeheaven.co.uk
- CARAMELS! Meltmeltchocolates.com
- PIC'N'MIX! Jealous Sweets thejealouslife.com
- HARD CANDY! Spun Candy spun-candy.com
- NOUGAT! Pandora Bell pandorabell.com

Slick sweet shops

- Hope & Greenwood hopeandgreenwood.com
- Liberty Chocolate Shop liberty.co.uk
- Harrods Confectionary Hall harrods.com
- Selfridges selfridges.com
- Fortnum & Mason fortnumandmason.com
- Spun Candy spun-candy.com
- Sugarsin sugarsin.co.uk

Top tips for elevating homemade confections

Jesse Dunford Wood at Parlour (parlourkensal.com) says...

- Use interesting citrus flavourings: bergamot, kumquat, Seville and blood oranges, buddha's hand, or kaffir lime.
- *Infuse flavoursome teas like lapsang souchong into* ganaches for remarkable chocolate truffles.
- Make fruit pastilles elegant with unusual flavours like rhubarb and ginger – and always refer to them as 'paté de fruits'!
- Make marshmallows unexpectedly great by adding fresh coffee grounds, citrus zest or chopped nuts.
- Chestnuts really need to be used more in this country - they're great in meringues



RICH MOLASSES FUDGE

MAKES: about 36 squares

INGREDIENTS

- 450g Billingtons molasses sugar
- 200ml double cream
- 150ml full-fat milk
- 125g unsalted butter
- 1 tsp Nielsen-Massey Vanilla extract

METHOD

Lightly oil a 20cm square cake tin. Place all the ingredients except the vanilla into a large heavy-based pan and heat slowly, stirring until the butter melts and sugar dissolves.

Bring the mixture to the boil, then reduce the heat to a rapid simmer and cook for 10-15 minutes, stirring occasionally to prevent it catching (it should read 117C if using a sugar thermometer).

Beat the mixture with a spoon for a few minutes until it starts to thicken and the gloss disappears. Add the vanilla extract.

Carefully pour into the prepared tin and leave to set at room temperature. Once set, chop into squares and store in a sealed container.

Recipe courtesy of bakingmad.com



PEACH AND APRICOT **PASTILLES**

MAKES: 30 / Takes 45 minutes to make; set overnight

INGREDIENTS

- a little vegetable oil, for greasing
- 125g no-soak dried peaches
- 200g no-soak dried apricots
- 475g granulated sugar, plus extra for coating
- 3 tbsp lemon juice
- 2 tbsp liquid pectin
- 2 gelatine leaves

METHOD

Line a 20cm square baking tin with baking parchment and grease it with oil.

Place the fruit in a pan and cover with 250ml of water. Cover with a lid and put over a moderate heat, bring to a simmer, then simmer for 15 minutes until the fruit has softened.

Pop the fruit in a food processor and whizz until well puréed, with no lumps.

Place the purée, sugar and lemon juice into a deep pan with 100ml of water and the lemon juice and heat until the sugar has dissolved. Put a sugar thermometer into the pan, bring to the boil then bring the mixture very slowly up to 107C. This will take a good 30 minutes. Take the pan off the heat and pour in the pectin.

Soak the gelatine leaves in a bowl of cold water.

Put the pan back on the heat and bring the temperature steadily back up to 110C, stirring every now and then.

Take the pan off the heat, lift the gelatine leaves out of the water and stir in - it will bubble up the pan (that's the fun bit), but give it a good stir.

Pour the jelly into the prepared tin and leave to cool and set overnight. Once set, turn out onto a board, cut into squares and coat with granulated sugar.

The pastilles will last for $2-3\,\text{days}$ and should be kept in the fridge.

ROSEHIP **ICED GEMS**

MAKES: 30 / Takes around 2 hours 15 minutes to make

INGREDIENTS

- 1 medium egg white
- 50g caster sugar
- pink food colouring paste
- 50g white chocolate
- ½ tsp rosehip syrup
- 1-2 tbsp crystallised rose petals
- a piping bag and size 30 star nozzle

METHOD

Preheat the oven to 110C. Line a large baking sheet with baking parchment. Fit the piping bag with the nozzle.

Whisk the egg white in a spotlessly-clean grease-free bowl until as stiff as a stalk and it clings to the side of the bowl. It should be so steady that you can hold the bowl upside down over your head and nothing will slip out.

Continue to whisk, adding the sugar a tablespoon at a time until the sugar has dissolved in the mixture.

Add a dot or two of pink food colouring paste to the bowl with a skewer. Fold very roughly, rough is good, into the meringue. Spoon into the piping bag.

Dot a little meringue on the back of each corner of the parchment and press down to secure. Pipe little meringues onto the parchment, working quickly and evenly.

Bake the meringues in the oven for 1 hour 40 $\,$ minutes until you can lift one easily from the parchment. Then allow to cool.

Melt the chocolate in a bowl resting over a pan of simmering water, making sure the base doesn't touch the water. Fold in the rosehip syrup. Whizz the rose petals in a mini food processor, until roughly chopped, or use a knife. Spread the base of each meringue with a little chocolate then dip in the chopped crystallised rose petals. Allow to set then serve.

Recipe from 'Sweets Made Simple' by Miss Hope and Mr Greenwood, published by BBC Books, £16,99

Recipe from 'Sweets Made Simple' by Miss Hope and Mr Greenwood, published by BBC Books, £16.99





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SUSTAINABLE THREE CROWNS

PRESENTS

Chris Keeling explores sustainable urban farming and the restaurants growing their own. It isn't just a hobby; it leads to some seriously good eats

> Written by Chris Keeling Images courtesy of Chris Keeling



he popular 1970's TV show The Good Life split middle class Britain in two. Some saw themselves as a Leadbetter, while others more as a Good (or at the least, Jerry). Many felt a connection to the liberated and sustainable lifestyle of the Goods, though it may also have helped that Felicity Kendal was considered a total fox. Nowadays, however, an absence of commuting and relying on unripe, plastic-wrapped and non-seasonal supermarket produce at £8 a kilogram is clearly appealing to the masses. With World Bank estimates in 2014 that 82% of Brits lived in urban areas and the population of London is set to increase by 24% in next five years, food sustainability has become a political issue. Urban farms have begun sprouting up around the globe and recently the campaign's voice has grown louder. The National Trust recently launched its 'Plot to Plate' programme, the Oxford Garden Project teaches others to grow in small areas, and there are even salad greens being grown hydroponically thirty three metres underneath Clapham by Growing Underground. While the public are encouraged to earn their green fingers, restaurants are also getting involved.

Pioneers such as Ruth Jones at The River Café, and more recent converts like The Dairy in Clapham and The Adam and Eve pub in Homerton, are keen supporters. The Dairy's executive chef, Robin Gill, had his epiphany while working in Italy. While cooking at Michelin-starred establishments in the UK, there was very little appreciation of the changing seasons and the menu was devised by only a few. In Italy it dawned on him that the only vegetables used were grown within the radius of a short bicycle journey and the chefs had to be creative with what was foraged that day.

With a few friends, they decided to open their own restaurant and the site of The Dairy, adjacent to Clapham Common, proved to be a good match. Robin started the garden shortly after opening two years ago after realising that the flat roof space mirrored the entire floor plan. Initially they kept start-up costs down through upcycling plastic vegetable crates and a chance offering of some mature beehives from a friend. Now the roof has a fixed structure filled with around fifty raised beds growing dozens of varieties of herb and leafy greens.

Robin is keen to stress the limitations of urban growing for a restaurant; focus is on produce that goes a long way, such as herbs, and fast growing leafy greens like cavolo nero. Produce such as tomatoes would quickly outstrip the garden's capacity. This is not then the vision of Ebenezer Howard or Patrick Geddes, who hoped the sprawling urban jungle could be integrated with agricultural systems to create a sort of self-sustaining utopia. While places like Oxfordshire's Le Manoir aux Quat'Saisons and The Pig in the New Forest can produce the vast majority of the food they serve, within the tighter confines of Central London this simply isn't realistic. It is surprising however how far a good roof top can stretch.

At the eighty-cover Dairy, Robin estimates that around 20-25% of food on diner's plates is grown on the very roof above their heads. That's quite impressive when the tasting menu-focussed structure means upward of seven hundred plates of food can leave the kitchen. Robin takes great pride in describing dishes that have been created solely from ingredients from the roof. The quality that comes off the roof has clearly helped, as The Dairy has received critical acclaim since opening.

Chefs have become obsessive about the idea of marginal gains. The concept, popularised by British Cycling chief Dave Brailsford after Bradley Wiggins won the Tour de France, is that several minute improvements can add up to a significant overall effect. The same mantra is followed at both The Dairy and The Adam and Eve. The latter is run by the Cornwall Project, a company that after years of supplying some of the finest restaurants in London with Cornish produce, decided to open a restaurant and supply themselves. Headed by executive chef Michael Harrison, alongside its own produce, the company has teamed up with florists Palais Flowers and baker-extraordinaire Lili Vanilli to build an urban garden on site in Homerton.

The idea is that Emma from Palais and Lily Jones from Lili Vanilli will grow exotic and edible flowers to use for wedding decorations and cakes, while also growing a host of herbs and vegetables for the pub to use. Come spring, Michael will craft the tasting menus around what blooms. As every child who has gone strawberry-picking at a farm knows, no market can compete with that level of freshness.

The Cornish produce available to Michael is the kind that a lot of chefs can handle through liking on Instagram and demand for it has already led to a second restaurant at The Three Crowns in Stoke Newington. However, Michael is not the sort of chef to simply rely on this and explains that this allows for absolute control; even over the size and shape of each leaf. Supermarket herbs are akin to walking into a room with the dimmer switch turned down. When picked just minutes before service (The Dairy snip twice daily), their vibrancy has the dial turned to eleven. Growing also allows uncommon herbs like sheep's head sorrel, nasturtium and even Chinese wisteria to create new and complex flavour combinations.

The culinary advantages and ecological benefits of urban farming are becoming more and more apparent. It's not just reserved for tasting menus, the Five Fields Café on Clapham Common (the sister restaurant of M1lk) are also launching a garden. Produce can be grown at home from a generous windowsill, a few beds on a flat roof, or even vertically using hydroponics. Whether used to supplement a daily shop, create a masterpiece or even decorate your home and baking; what all those involved have learnt is that hard work tastes delicious.

The Dairy | 15 The Pavement, London SW4 0HY | 020 7622 4165 | the-dairy.co.uk The Adam and Eve | 155 Homerton High Street, London E9 6AS | adamandevepub.com



SALT-BAKED KOHLRABI WITH BEETROOT, BUTTERMILK, BUCKWHEAT AND NASTURTIUM

SERVES: 4-6

INGREDIENTS

FOR THE SALT CRUST:

- 1kg plain flour
- 20g ground mace
- 500g salt
- 50ml water, plus extra as required

FOR THE DISH:

- 2 large purple kohlrabi
- 50g buckwheat groats
- salt and pepper, to taste
- oil, for deep-frying
- 6 baby beetroot, assorted colours, peeled and sliced thinly on a mandolin
- extra virgin rapeseed oil
- salt and pepper

- 200ml buttermilk
- extra virgin rapeseed oil
- salt and pepper
- 15 small nasturtium leaves on

METHOD

For the salt crust, mix the flour, mace and salt. Gradually add enough water to form a pastrylike dough, Refrigerate for 30 minutes

Preheat the oven to 180C. Roll out the salt dough and use to enclose the kohlrabi. Bake until the kohlrabi feels firm but can be pierced with a skewer. Remove from the oven (reduce the temperature to 100C) and leave to cool in the pastry.

Rinse the buckwheat groats and cover with water or stock. Bring to the boil and cook for 7 minutes. Remove from the heat and rest for 7 minutes, then season to taste. Spread out on a tray and dry in the oven for 10 minutes.

Heat oil for deep-frying and fry the dried groats for 1 minute until golden and crisp. Rest on a cloth to drain excess oil, and check seasoning.

Break open the cooled salt crust and discard. Remove the top and bottom ends of the kohlrabi and slice into 8 wedges. Dress the sliced beetroot and kohlrabi with rapeseed oil. salt and pepper.

To plate, spread 2 tablespoons of buttermilk into a circle on each serving plate. Drizzle with rapeseed oil and a little salt and pepper. Add a good pinch of crispy buckwheat, dressed kohlrabi wedges, and different-coloured beetroot discs. Garnish with nasturtium leaves

Recipe courtesy of Michael Harrison, executive head chef at The Cornwall Project, The Adam & Eve and The Three Crowns

COURGETTES, SMOKED BUFFALO MILK CURD, **HONEY**

SERVES: 4

INGREDIENTS

FOR THE SMOKED BUFFALO CURD:

- 500ml buffalo milk
- 25g double cream 10g buttermilk
- pinch of salt
- 1 lemon, zest only
- handful of dried hay
- 2g vegetable rennet

FOR THE COURGETTE AND **BASIL PURÉE:**

- a little olive oil
- 1 clove garlic, crushed
- 2 courgettes, quartered and then finely sliced
- 1 bunch fresh basil, leaves picked, best leaves reserved for the dish
- 20g aged parmesan, grated

FOR THE DISH:

- 2 courgettes, thinly sliced length-wise
- salt and black pepper, to taste
- lemon juice, to taste
- extra virgin olive oil, to taste
- 4 courgette flowers, if available, torn into quarters
- 5 Nocellara Del Belice olives, roughly chopped
- 10g toasted pumpkin seeds
- 4 tbsp good-quality honey

METHOD

For the smoked buffalo curd, preheat the oven to 180C. Place all ingredients apart from the hav and rennet into a container. Toast the hay in the oven until it turns amber and starts to smoke. Remove the smoking hay from the oven, pour the milk mixture over it, and leave to infuse for 30 minutes. Strain the hay through a fine sieve into a clean saucepan and add the rennet, setting it over a low heat and bringing the mixture up to read 36C on a thermometer - it should feel just warm to the fingertip. Transfer to a suitable sized container and refrigerate for at least

For the courgette and basil purée, heat a good drizzle of oil in a medium frying pan set over medium heat, then add the garlic and follow quickly with the sliced courgettes. Stir and add a spoonful of water, then cover and allow to steam for 2 minutes. Add the basil and cheese, then blend until smooth. Set the purée over iced water to retain the colour.

For the dish, place the sliced courgettes in a bowl and season to taste with salt. pepper, lemon juice and olive oil. Spoon the courgette purée onto serving plates and scatter with the dressed courgettes and courgette flowers, if using. Add a couple of spoons of the smoked curd. finish with olives, pumpkin seeds, the reserved basil leaves and a spoonful of honey, and serve.

Recipe courtesy of The Dairy the-dairy.co.uk



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Entertaining

A pint of the black stuff is a simple way to say 'sláinte' on St Patrick's Day, but it's hardly the most innovative. Explore the abundance of the Emerald Isle, our Ireland-inspired cocktail in hand, then further whet your whistle with a boozy shake. Super-healthy matcha more your thing? You'll find inspiration and information afresh. And we're not keeping mum about Mother's Day. We've used the occasion as an excuse to pay homage to some of the UK's most talented contemporary female chefs.

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WORTH ITS SALT BOOZY SHAKES

Written by Kavita Favelle All photographs © Gareth Morgans, taken from Boozy Shakes by Victoria Glass, published by Ryland, Peters & Small

Kavita Favelle indulges in pimped-up retro with Victoria Glass's new book, learning how to make all manner of grown-up milkshakes, floats and frappés

ilkshakes just got drunk.' So says Victoria Glass as she tells us just why we should give the milkshakes of our childhood an adult makeover.

Take a moment to visit your past. Hark back to glee-filled childhood memories of immense sundae glasses of thick, creamy milkshake served with bendy straws – perhaps even a cocktail umbrella; balls of ice cream bobbing within, the shake surging over the edge as you stir, and sliding down the side of the glass. Or call to mind happy visits to Americanstyle diners, where classic comfort food is perfectly paired with a gloopy vanilla or chocolat malt served straight to the table in a condensation-beaded stainless steel cup. Don't such milkshake memories fill you with childish delight?

It's all very well ordering a bottle of trendy locally-brewed beer, a G&T made with artisanal gin, or a shot of limited-edition small-batch bourbon but if those modern clichés no longer make your heart race with excitement, maybe it's time to unlock the drinks cabinet and turn to the hard shake. Blending the nostalgia of retro milkshakes with 'a hearty measure of hard liquor', Boozy Shakes offers the best of both worlds.

Victoria enthusiastically shares twenty seven recipes based on 'favourite confections, cocktails, desserts and even music', with the promise that you won't 'fail to find something to get your taste buds dancing' whatever

On a practical note, the luscious shakes are preceded with a set of basic recipes. Here you'll learn how to make ice cream and sorbet; sauces such as chocolate fudge, whisky butterscotch and cherry, Swiss meringue, fruit compote and flavouring syrups. Then it's on to the shakes themselves.

Start with 'The Candy Bar' chapter, inspired by the wonders of a British sweet shop as well as some all-American candies. Rhubarb & Custard not only tastes like the boiled sweet it's named for, it looks the part too, with dollops of rich pink rhubarb compote swirled through a thick advocaat, rhubarb vodka and vanilla ice cream base. Chocolate orange shakes are far too grown up for Terry, with their alcohol hit of Cointreau and crème de cacao. From across the pond come Drunken S'mores - based on a campfire treat consisting of toasted marshmallow and chocolate sandwiched between graham crackers - imagine that in a glass!

Next up is 'The Cake Shop', a dessert-lover's wonderland and a chapter close to cake maker Victoria's heart. The author's favourite hard shake is Black Forest, based on the familiar chocolate-cherry gateau. Cookies & cream are a much loved ice cream flavour. Less obvious - and delightfully clever – are recipes for Tipsy Laird (based on a Scottish trifle), Key Lime Pie, Bananas Foster and Peach Melba. As Victoria points out, tongue firmly in cheek, these delicious shakes may not win prizes for nutrition, but at least the fruit counts towards your five-a-day!

'The Cocktail Shaker' recipes look to the bar menu for stimulus, offering elegant hard shakes such as a spicy Aztec Margarita, a fizzy Dark & Stormy ice cream float and an indulgent Hazelnut Martini, featuring Frangelico liqueur and Nutella.

Last is a chapter guaranteed to get you a-humming and a-moving - if only to burn off the calories in these extravagant drinks. 'Shake Rattle & Roll' brings the influence of Victoria's favourite musical artists and songs to bear. The classic Piña Colada cocktail converts so easily to a boozy shake, it's hard to imagine enjoying it any other way, dreaming of the tropical paradise Escape that Rupert Holmes once sung of. But the shake of the chapter must surely be The Elvis, based on Presley's famous favourite, the fried banana and peanut butter sandwich. Victoria calls it 'the King of hard shakes' - once tried it will be always on your mind!

Boozy Shakes is available to Good Things readers for the special price of £7.99 including postage & packaging (rrp £9.99) by telephoning Macmillan Direct on 01256 302 699



RHUBARB AND CUSTARD

MAKES 900ML AND SERVES 2

INGREDIENTS

- 300ml advocaat
- 150ml rhubarb vodka
- 4 scoops vanilla ice cream (see recipe below or use a goodquality store-bought ice cream)
- 100ml whole milk
- 4 tbsp rhubarb compote (see recipe below or use a goodquality store-bought compote)

METHOD

Place the glasses in the freezer to chill for a few minutes.

Blend together the advocaat, rhubarb vodka, ice cream, milk and half of the rhubarb compote until smooth and thick.

Place 1 tablespoon of rhubarb compote in the base of each glass and swirl it up the sides. Divide the milkshake between the two glasses and serve.

RHUBARB COMPOTE

INGREDIENTS

- 400g 5cm fresh rhubarb pieces, preferably forced pink rhubarb
- 110g caster sugar
- finely grated zest of 1 orange
- 1 vanilla pod, scored lengthways and seeds scraped out
- 2 highball tumblers

METHOD

Put the rhubarb and sugar together in a large mixing bowl and toss to coat the rhubarb in sugar. Cover and set aside for 30 minutes. The rhubarb will release some of its juice. Place the rhubarb and juice in a saucepan or pot with the remaining ingredients and set over a gentle heat. Stir until the sugar has dissolved, then simmer until the rhubarb is soft. Remove it from the heat and pour through the sieve set over a bowl. Discard the vanilla and leave to cool completely. Cover and store in the fridge for up to 2 weeks.

VANILLA ICE CREAM

MAKES 500ML/1 PINT

INGREDIENTS

- 350ml double cream
- 1 vanilla pod, scored lengthways and seeds scraped out
- 4 egg yolks
- 100g caster sugar
- An ice cream maker, optional

METHOD

Put the cream in a saucepan or pot with the vanilla pod and seeds set over a gentle heat. While the cream heats, whisk together the egg yolks and sugar in a heatproof bowl until pale and creamy.

Rest a fine mesh sieve over the bowl.

Once the cream has come to the boil, remove it from the heat and pour through the sieve set over the egg mixture. Discard the vanilla. Whisk the egg and hot cream mixture together and pour back into the pan. Return to a gentle heat and whisk constantly until the custard thickens enough so that it coats the back of a spoon.

Immediately remove from the heat and pour the custard into a jug. Cover the top with clingfilm to prevent a skin forming and leave to cool completely before transferring to the fridge to chill for at least 2 hours.

If using an ice cream maker, follow the manufacturer's instructions. If making by hand, simply pour the custard into an airtight container and freeze for about 4 hours or until set, giving the mixture a vigorous whisk every 30 minutes to prevent ice crystals from forming.

All recipes from 'Boozy Shakes' by Victoria Glass, published by Ryland Peters and Small



SKILLS CLASS

DIVISUM

Who doesn't love dim sum; tucking into plump dumplings, spare ribs and plates of golden-fried morsels? Kavita Favelle learns how to lay on her very own home-cooked feast

Written by Kavita Favelle

Photography: Kavita Favelle

im sum means a little touch of the heart', explains Jeremy Pang, founder of the School of Wok, relating the delightful tale of how dim sum developed. Traditionally, the old yum cha (tea-drinking) houses of China served only tea, but one day the owner of one such tea house decided to welcome a particularly exhausted traveller with some dumplings alongside his tea. When her neighbours caught wind of this, they decided to do the same for their customers. As it quickly became a competition as to which tea house served the tastiest and most beautiful dumplings, dim sum – a meal of bite-sized items served with tea – was born.

All of us attending today's Introduction to Dim Sum class are excited to learn how to make our favourite dim sum treats at home. In just six hours, we will cover five recipes including black bean spare ribs, tofu skin rolls and two steamed dumplings. It will be intense – to learn this many dishes in one day is ambitious – but it will also be relaxed, fun and delicious.

Class tutor Melissa Wong starts the day by leading us

through the recipe for lor bat gou (turnip cake), which is the most time consuming of the day. Not only do some of the ingredients need to be soaked overnight (already done for us) but the turnip cake mixture needs to be cooked first on the stove, then steamed in blocks and cooled, and finally cut into slices and fried.

As we work through the recipes, we also learn more about unfamiliar ingredients. We use guangxi brown sugar slices in the turnip cake to balance out any bitterness from the mooli; palm sugar is a good substitute.

Later, we wrap a filling of crushed prawns with doufu pi (tofu skin). During the process of making tofu, a skin forms on top of the setting curd; this is carefully lifted off the surface, dried and sold in large sheets. We paint the tofu skin with egg-wash to soften it and help it stick together once rolled.

Knife skills are also covered, along with handy tips such as peeling ginger by scraping it with a teaspoon instead of a paring knife.

Where the School of Wok's teaching methods truly come

"When developing the school's dim sum classes, Jeremy adapted traditional recipes to be achievable by the home cook without losing the essence of the dish"

into their own is for the steamed dumpling recipes. We crowd around the tutor as she mixes the pastry for the wrappers, shows us just the right technique to roll it into perfect circles, slightly thicker at the centre than the edges, and then how to fill and shape the dumplings. The folds seem complicated at first, but Mel takes us through slowly and patiently to make sure we follow every step, walking around the class, reminding, correcting and helping each student.

When developing the school's dim sum classes, Jeremy adapted traditional recipes to be achievable by the home cook without losing the essence of the dish. 'If something needs to be made a certain way, then that's the way we teach people to make it', he says.

We make the kimchi dumplings first, mixing a wheat flour pastry that is very forgiving and easy to work. Later, when we make the har gau (prawn dumplings), Jeremy tells us it's considered one of the hardest of all dim sum to make; the translucent dumpling wrapper is achieved by mixing wheat and tapioca flours but this pastry dries out quickly and is difficult to work; the new wrapper fold we learn is more complicated too.

Unlike the old ladies of the yum cha houses, it's a sense of pride rather than competitiveness that we feel once the hard work is over, as we gaze with newfound expertise at the beautifully-made dim sum before us.

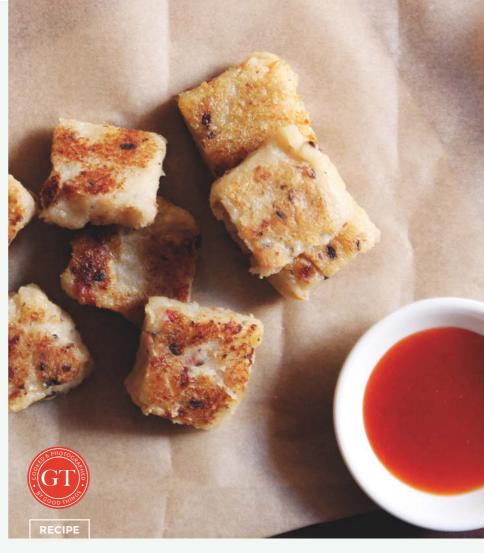


SCHOOL OF WOK

offers a range of cookery classes in Oriental and Asian cuisines. Courses range from hour-long tasters through to 5-day intensive and include classes on Chinese, Korean, Thai, Vietnamese, Fish & Seafood, Sushi-making and Understanding the Wok.

New sister school, the Oriental Culinary Institute, offers training and certification for professional chefs.

61 Chandos Place, London WC2N 4HG | 02072408818 schoolofwok.co.uk info@schoolofwok.co.uk



LOR BAT GOU - TURNIP CAKE

INGREDIENTS

- 2 dried Chinese mushrooms (soaked overnight)
- ¼ cup dried shrimp (soaked for 1 hour in a cup of hot water)
- 1 Chinese turnip (also known as mooli or daikon)
- 1 tsp guangxi brown sugar slice (or use palm sugar)
- 2 thin slices fresh ginger
- 1 cup water (use the shrimp soaking water)
- 50g rice flour
- 30g cornflour
- 2 tbsp vegetable oil, plus extra for shallow-frying
- ½ a dried Chinese sausage

Recipe courtesy of Jeremy Pang,

• 1 tsp salt

School of Wok

pepper, to taste

METHOD

Drain the soaked mushrooms, and remove the stalks.

Drain the soaked shrimp, reserving the liquid. Dice the shrimp and Chinese mushrooms and place in a small prep bowl.

Peel the turnip and then grate into a saucepan and add the ginger slices and the guang xi brown sugar into the pan.

Pour 1 tablespoon of the shrimp water into the saucepan.

Pour the remaining shrimp water through a sieve into a medium-sized bowl and add the rice and cornflour. Mix well.

Bring the saucepan containing the turnip to a simmer on low heat.

Simmer for 15-20 minutes until the turnip wilts and the sugar is melted.

Heat the vegetable oil to medium heat in a frying pan and fry the dried sausage, shrimp and diced mushroom together.

Now take the turnip off the heat, remove the slices of ginger and then add the flour paste to the saucepan. Stir well until the paste has been evenly spread.

Place the turnip in a suitable steaming tray, pat down until the mixture is level, and then steam on high heat for 45 minutes.

Once steamed, allow to cool and place in fridge to set for 1-2 hours.

Once set, cut into edible chunks and shallow-fry on low heat until golden-brown.

Serve with chilli sauce.



Don't think much of matcha? Kavita Favelle's introduction to the super-healthy Japanese beverage will open your eyes and mind

he method of grinding tea leaves into a powder originated in China during the Song Dynasty (960-1279), but fell out of favour in the centuries to follow. It was not until the practice reached Japan by way of Zen Buddhist monks that it developed into the drink we know today.

Matcha is traditionally made by stone grinding green leaves of shade-grown tea (gyokuro). Before grinding the leaves are dried, de-veined and de-stemmed, in this state they are known as tencha. Craig Coulton, founder of BLOOM Tea, explains that while first harvest yields are much lower than later ones, 'the quality is superior and makes a smoother and creamier matcha'.

There are two main ways of preparing matcha. Purists first sieve the powder to remove clumps. For koicha (thick) matcha, place 4 grams (about a teaspoon) into the bowl, top with 40ml hot water (80C is best; boiling water will scald the tea) and whisk. For usucha (thin) matcha, use half the amount of powder and twice as much hot water.

In Japan, a chasen – a specialist whisk made from bamboo - is used, explains Stephen Pereira, founder of

Matcha Factory. 'Making matcha with a chasen is part of the experience of matcha and they do look and feel cool. But now that I have kids, I'm all about the speed and convenience of the modern electronic whisks. It's truly a matter of personal preference.'

Many matcha suppliers sell more than one grade. Lower grades, sometimes sold as cooking or drinking matcha, are often made from late harvest tea and have a stronger taste. These are ideal for mixing into a smoothie or latte and work well in a variety of recipes.

Jameel Lalani, founder of Lalani & Co., reveals what to look for in premium grade matcha such as his Matcha Gold. 'A good matcha has a deep and bright green colour. The powder should be fine, rising like smoke with a gentle tap. Look for a mellow depth of flavour. Too much bitterness indicates lower quality. A very good matcha has subtle hints of nuttiness and cocoa butter. The texture is thick and the flavour lasts on the palate for many minutes.'

One of the first to sell imported Japanese food and drink in the UK. Tak Tokumine is the founder of the much-loved Japan Centre Group and Shoryu (ramen) restaurants. He agrees that 'a vivid green colour is important as it suggests

Written by Kavita Favelle

Photography: © Japan Centre Online



freshness and proper preparation of the tensha'. He points out that 'matcha is delicate and age affects its quality', which is why he recommends the freshly ground matcha milled every day in Japan Centre's Piccadilly store. Tak recommends storing in an airtight container in the fridge, and using within eight weeks of opening.

Growing tea in shade slows down growth, stimulating an increase in chlorophyll levels. This turns the leaves a darker shade of green and causes the production of amino acids. in particular L-Theanine, which not only provides a distinctive umami flavour but is also claimed to reduce stress, sharpen cognitive performance and improve mood (when combined with caffeine).

Tak finds it 'the perfect beverage with which to begin the day, as it is relaxing but also gives one clarity of mind'.

After suffering an immune system illness some years ago, Craig found his recovery naturally boosted by antioxidantrich teas. Whereas for most teas, we infuse and discard the leaves, with matcha the ground up leaves are ingested, providing much higher nutritional benefits. In his collection, Craig blends matcha with other beneficial ingredients such as guarana, peppermint and milk thistle. Varieties with mango and grapefruit appeal to customers unsold on pure unadulterated matcha.

For those who aren't keen on drinking matchathe traditional way, it is wonderful in shakes and smoothies. Craig loves mixing his ginger and ginseng 'Mindpower Matcha' with soy milk and manuka honey. Jameel suggests a breakfast smoothie of matcha, bananas, dates, oats and

Stephen and Tak extol the virtues of matchaice cream, the perfect treat on a hot summer's day. Japan Centre Online shares several recipes that show off its versatility. How about a white chocolate and matcha soufflé, a matcha and sweet chestnut cake, or an unusual matcha-seared fish in which matcha and panko breadcrumbs create the perfect crust for salmon or tuna (see recipe)?



MATCHA-SEARED FISH

SERVES: 4

Infuse your fish with the vibrant flavour of matcha. Great for jazzing up dinner without adding calories.

INGREDIENTS

- 2 tsp matcha
- 2 tbsp panko breadcrumbs or sesame seeds
- 1 fillet sashimi-grade salmon, tuna or other fish
- a little oil, for frying
- soy sauce, for dipping (optional)

METHOD

Mix together your matcha and panko breadcrumbs or sesame seeds and spread on a plate or other flat surface.

Remove any skin remaining on your fish fillet. Press the fillet firmly into the matcha mixture and make sure you cover all sides. Make sure the mixture is well stuck, then leave to sit for 5 minutes.

Heat some oil in a pan over a high heat. Cook the fillet on all sides for about a minute or until a crust forms

If you like your fish rare, you can serve it straight away. If you prefer it wellcooked or can't get sashimi-grade fish you can finish your fish off in the oven, but be careful if you have a panko crust so it doesn't burn

Serve with soy sauce for dipping if vou fancy.

Recipe © Japan Centre Onlinejapancentre.com



IRISH PRODUCE: IRISH PRODUCE: IT'S NOT JUST ABOUT THE GUINNESS...

Photography by Good Things & Stephen Joyce

Chris Keeling discovers there is more to Ireland than rain, Guinness and cabbage. For those willing to look beyond a bland culinary reputation, bounty awaits...



rish food and diets are regularly disregarded in the same dismissive breath as their Anglo-Saxon cousins. Despite improvements in recent years, the country's average shopping basket would not stack up well in a police line-up of European peers. What is frustrating is that the high quality of Irish produce is rarely recognised. While some of the finest chefs and restaurants in France and Spain privately scoff at Irish plates, they are serving imported products from that very coastline. The Irish Food Board, Bord Bia, understands this struggle for recognition better than most, and has launched its Origin Green Programme to support its cause. The programme bids to create and deepen new trading relationships as well as promote the sustainability of Irish produce.

It appears that their jobs are steadfastly secure as Irish food and drinks exports rose for a fifth consecutive year over 2014, increasing by 4% to €10.5 billion. What is more impressive is that this figure has risen by 45% since 2009. Much of this is due to deepening new connections, with exports to non-EU trading partners increased markedly. Asian exports alone were up 45% in 2014. The largest single market in the world, China, has a newfound appetite for dairy and the Irish beef industry hopes to exploit their position as the first European country to have had its importing rights granted by the US since a ban sixteen years ago.

Oxfam recently reported that Ireland is the eighth healthiest country in which to eat, surpassing the UK by five places and Italy by one. The dairy and beef industries have been a staple

ENTERTAINING HOME DINING DAY: ST. PATRICK'S DAY



10 UNLIKELY ARTISAN FOODS AND THEIR PRODUCERS

- TURKISH DELIGHT: Hadji Bey hadjibey.ie
- BEAN-TO-BAR CHOCOLATE: Hazel Mountain Chocolates hazelmountainchocolates.com
- SUSHI: Glorious Sushi glorioussushi.com
- INDIAN SPICE BLENDS: Spice Devils spicedevils.com
- **UNUSUAL ARTISAN COMESTIBLES:** WILD About wildabout.ie
- **NUT BUTTER:** Keen keennutbutter.com
- ARTISAN BREAD AND PATISSERIE: Tartine Organic Bakery tartine.ie
- EXOTIC MUSHROOMS: Ballyhoura Mushrooms ballyhouramushrooms.ie
- **BUFFALO MOZZARELLA** AND RICOTTA: Toonsbridge Dairy therealoliveco.com
- Chilli condiments: Rebel Chilli rebel-chilli.myshopify.com

of the economy for hundreds of years due to ideal conditions for pasture. At the same time, Irish seafood benefits from the waters of the rough Atlantic waters mixing with the warm Gulf Stream and the cold fresh waters which flow off the Irish bog lands.

Of the annual seafood haul, around 60% is exported to Europe, with France the major destination. It is often mentioned that the British miss out on the highest quality seafood as we aren't prepared to compete on price. This shouldn't be because of concerns over quality, as for an endorsement one needs look no further than Mayfair sushi restaurant, Araki. Chef Mitsuhiro Araki formerly owned a three Michelin-starred restaurant in Tokyo before deciding to open in the UK in late 2014. While looking for new seafood suppliers for his edomae-style sushi, he was greatly impressed with both Irish tuna and oysters. Serving customers Irish-landed tuna, the climax of a sushi meal,

could be considered the highest form of praise.

Beef and dairy have enjoyed an easier ride than their fish relatives. Irish beef is trusted for its quality by some of the world's best steakhouses. Notably, Goodman steakhouses, arguably the best in London, have offered Irish meat alongside British and USDA Prime to customers since the chain's inception six years ago. Executive Chef Olly Bird describes Ireland as having 'some of the best pasture in the world, which leads to a great flavour.' Goodman serves only the highest-quality beef on the market so the regular appearance of Irish beef is a testament to the standards of the country's farmers. The majority of Irish beef is grass-fed which gives a distinct clean, mineral taste; prized by beef connoisseurs. Served on the bone, after searing in one of Goodman's Josper grill, it is one of life's great pleasures. Grass-fed meat and butter - notably brands like Kerrygold - also contain a higher omega 3 to omega 6 ratio, as well as

Cont. P56



BURREN SMOKEHOUSE FISHCAKES

SERVES 4 AS A STARTER (MAKES AROUND 8 X 5CM ROUND FISH CAKES)

INGREDIENTS

- 200g Burren hot-smoked Irish Organic Salmon with Honey, Lemon & Dill
- 200g mashed potato
- 2 tsp finely chopped chives
- chopped parsley or dill (optional), to taste
- 2 tsp grated lemon zest
- sea salt and black pepper, to taste
- 1 egg, beaten
- vegetable oil, for frying

METHOD

Flake the salmon and mix it with the mashed potato, chives, extra herbs (if using) and lemon zest. Season to taste.

Mix in the beaten egg and shape the mixture into small patties. Chill in the refrigerator, covered, for 20-30 minutes.

Place a frying pan over medium heat. When hot, add vegetable oil to coat the pan. Fry the fish cakes for around 5-6 minutes on each side until golden-brown

Serve straight away, with a green salad or whatever else takes your fancy.

Recipe courtesy of Aoife Cox for Burren Smokehouse burrensmokehouse.ie



BRAISED STOUT BEEF AND CARROT STEW WITH PARSLEY DUMPLINGS

SERVES: 6-8

INGREDIENTS

FOR THE STEW:

- 2 tbsp olive oil
- 800g chuck beef steak, trimmed and cut into 2-inch cubes
- 3 onions, thinly sliced
- 1 tsp chopped fresh thyme
- 2 tbsp plain flour
- 500ml can Guinness or stout
- 300ml beef stock
- sea salt and black pepper, to taste
- 4 carrots, sliced on e thE diagonal
- 1 tsp light brown sugar
- 1 tbsp red wine vinegar

FOR THE PARSLEY **DUMPLINGS:**

- 175g self-raising flour
- 3 tbsp finely chopped fresh parsley
- 2 tbsp snipped fresh chives
- sea salt and black pepper,
- 75g shredded beef suet
- 6 tbsp cold water

METHOD

Preheat the oven to 160C.

For the stew, heat up a heavy-based lidded casserole dish on the hob. Add 1 tablespoon of the oil and as soon as it starts smoking, tip in the beef. Quickly brown on all sides, then transfer to a plate using a slotted spoon. Set aside.

Add another tablespoon of oil to the pan, tip in the onions, and cook for about 5 minutes until lightly golden, stirring occasionally. Stir in the thyme and cook for 1 minute, stirring. Sprinkle in the flour and continue to cook over a low heat for another minute or so, stirring constantly.

Gradually pour in the Guinness or stout, stirring until smooth after each addition. Pour in the stock, stirring to combine. Season lightly, then add the carrots with the sugar and vinegar. Bring to the boil, then remove from the heat and add the reserved beef, mixing well to combine. Cover with a lid, transfer to the oven, and cook for 1 hour until the beef is almost tender and the liquid has reduced and slightly thickened.

For the dumplings, mix the flour, herbs and seasoning in a bowl and then mix in the suet. Add the water to make a fairly stiff but elastic dough that leaves the bowl clean. Knead lightly and shape into 12 dumplings. Remove the stew from the oven and take off the lid. Increase the heat of the oven to 200C. Pop in the dumplings and return to the oven for another 30 minutes or until the dumplings are golden brown and crusty. Serve straight to the table.

Recipe courtesy of Irish Beef irishbeef.co.uk



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elevated levels of a host of other vitamins compared to grain-fed cattle. Ireland may also wish to embrace the EU protected geographical status framework for its heritage products. Within Europe, Italy leads the way with two hundred and sixty seven protected products, the UK has sixty five, and Ireland tails behind with only five granted orders. Although difficult to obtain, once approved, products are protected from copycats and fraud within traded markets and also can act as a premium sales point for traders. A product that is likely to be high up on most Irishmen's list for approval is Ireland's most popular black pudding: Clonakilty.

Butchers across Northern Europe have been making black and white puddings to use up scraps and boost margins for generations. No different was Johanna O'Brien, based at a farmhouse in County Cork, who started production in 1880. After her secret recipe was passed down through three generations, production almost ceased in 1976 but returned due to overwhelming public demand. Since then, Clonakilty has grown into the most popular branded pudding in Ireland, accounting for around a quarter of the domestic market share. The pudding is still made to Johanna's original recipe.

In the last three years, Clonakilty has gained popularity outside of Ireland: a task made easier given Ireland prolific emigration since the financial crisis in 2010. Liam O'Keefe, a partner of burger restaurant Bleecker St. Burger, brought the product to owner Zan Kaufman's attention while researching a one-off special for the final of a nationwide burger competition. They tested a variety of versions found in the UK, but found that it was Clonakilty's rare use of beef fat and blood rather than pork that made it perfect match. Kaufman explained that 'it has a great flavour and compliments our beef without overpowering it. Most black puddings are spongy and absorb oil while Clonakilty does not.' For the national championships, Bleecker sandwiched a layer between two beef patties - resulting in a barnstorming victory as national champions.

Ireland has a lot to offer; both to the UK and the world beyond. It may be known as a land of rain, cloudy pints and the ubiquitous potatoes and cabbage. It may struggle to earn the culinary reputation the likes of France and Italy enjoy. However, with world-class produce and a convincingly sustainable expansion strategy, it's high time we realise that our near neighbour may be of far greater culinary benefit than the stereotype suggests.



CARAMELISED FRAGRANT PEACHES WITH ST. TOLA **GOAT'S CURD CREAM**

SERVES: 4

INGREDIENTS

FOR THE CREAM:

- 120ml double cream
- 1 dsp icing sugar
- 80g St. Tola Divine (goat's curd)

FOR THE CARAMELISED PEACHES:

- 50g butter
- few sprigs of thyme
- 2 peaches, halved and stoned
- 1 dsp icing sugar
- small splash of orange blossom water (optional)
- 2 tsp honey
- 60g slivered almonds, toasted

METHOD

For the cream, whisk the cream with the icing sugar until stiff peaks form. Fold in the smooth St. Tola Divine. Refrigerate, covered, until ready to use.

For the peaches, melt the butter with a couple of sprigs of thyme in a heavy-based frying pan set over medium heat. When it begins to foam, add the peach halves, cut side down. Gradually shake over the sieved icing sugar to form a caramel. Add the orange blossom water (if using) and the honey, ensuring the caramel doesn't burn. Continue to baste the peaches with this caramel as they cook and soften a little

To serve, place a peach half in the centre of a plate and top with some of the goat curd cream. Sprinkle with toasted almonds and drizzle over the rest of the caramel from the pan. Garnish with a young sprig of thyme and serve.

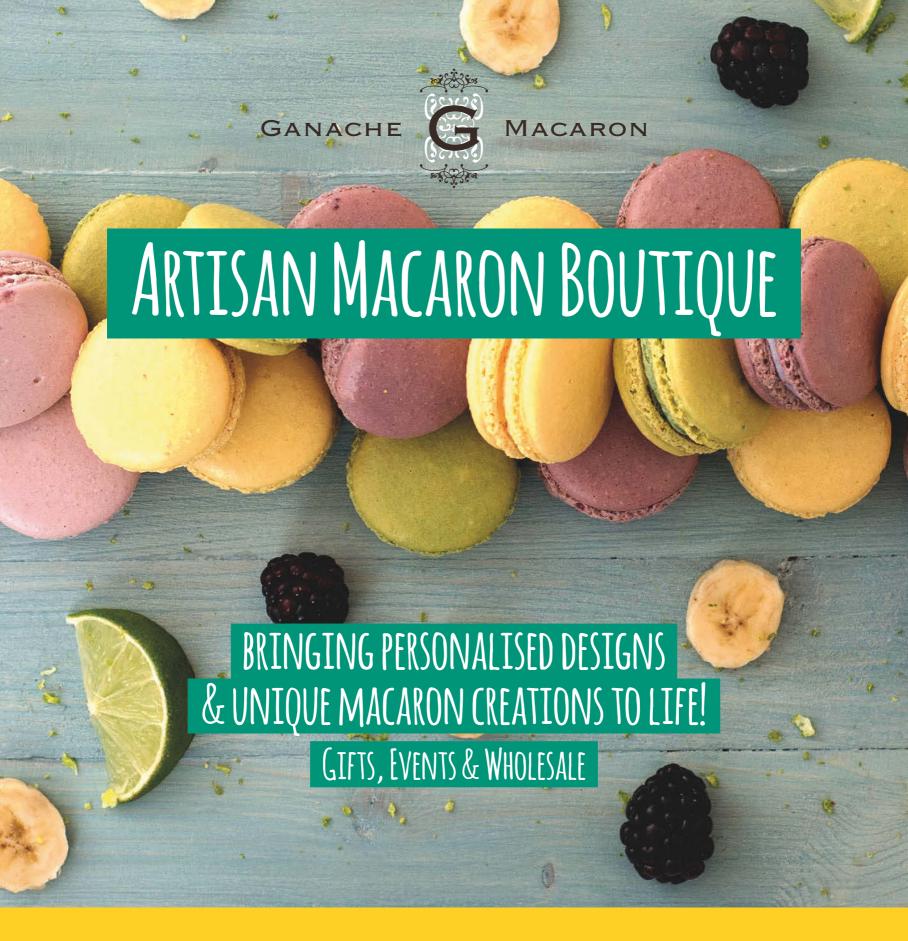
Recipe courtesy of St. Tola st-tola.ie





Some experiences are worth taking your time over. From English Breakfast to Masala Chai, Peppermint and Rooibos Orange, every tea and tisane in Newby's Silken Pyramids brims with character and flavour. We take time over them too – each pyramid comes wrapped in a multilayered sachet to keep the vibrant freshness in, and everything else out. Spare a moment to get to know Newby – it's a moment you'll treasure.

Find our award-winning teas and tisanes in Waitrose





Ganache Macaron 402 Railway Arches Mentmore Terrace London E8 3PH 0208 533 2077 info@ganache-macaron.co.uk qanache-macaron.co.uk











hether it's Ruth Gray, Clare Smyth or Angela Hartnett, British cooking isn't short of stories when it comes to inspirational women. So why, then, are the following numbers still so difficult to read?

Globally, just one percent of head chefs in Michelin-starred kitchens are female, while out of Britain's one hundred and sixty seven starred restaurants there's still only a paltry ten not led by men.

That isn't all that's troubling. In the twenty-first century some of British cooking's most influential names still seem to have no issues spitting out the occasional bile you'd expect to hear in a nineteen fifties boozer.

'A lot of that fire in a chef's belly you need, because you need them to force themselves to be ready for dinner service,' said chef and BBC Food & Drink presenter Tom Kerridge last October. 'That's probably why there aren't many top female chefs.'

The notorious testosterone levels in the majority of Britain's top kitchens is well-documented, but is it really that way because women quite simply don't have the same 'fire in their bellies' as their male counterparts?

'Tom called me as soon as that interview went out,' reveals Angela Hartnett, 'and said 'Jesus, what the f*** did I just say?' So I, also knowing what a strong woman his wife is, definitely think he was misquoted.'

A protégé of Gordon Ramsey, Hartnett's drive and solo success with the Michelin-starred Murano has earned her a place in the nation's hearts, and an MBE, but surely she doesn't think this is all just media hype?

'The media wants to make out that Michelin-starred kitchens are like *The Wolf* of Wall Street and you've got Michel Roux Jr. throwing female chefs at dartboards,' she adds. 'There are more opportunities than ever before for women and, if you're talented, investors or chefs aren't going to discredit you for not being a man - that's just nonsense.'

But what about the numbers? After all, at present, under fifteen percent of FTSE 100 business directors are women. Is there a more widespread issue at work?

'Maybe it's because I was brought up in New Zealand, but I really thought the world was our oyster,' argues Margot Henderson, a world-class chef and the wife of Fergus Henderson. She has helped inspire a generation of female talent, including the likes of Anna Hansen. 'But now women have gone back underground and are a rarity at the top of big businesses. Sexism in some ways is worse than it's ever been.'

'The opportunities are there but too often women are getting sidelined and put on the pastry section; Fergus can't find enough women to join St. John! For the last decade it's just been 'Gordon Ramsey this' or 'Jamie Oliver that'. Clare Smyth can hold three Michelin stars almost single-handedly yet nobody knows who she is!'

'Sex, unfortunately, still sells,' adds Anna Hansen, owner of Clerkenwell's alreadyiconic Modern Pantry.

'Men are allowed to be men,' she observes. 'A lot of young female chefs being taken seriously by the mainstream media always look like they are fresh from the hair salon. It just isn't true to life. We all look like we've gone through a hedge backwards after a dinner service shift - I don't think the Two Fat Ladies would exist today!'



As we speak, Hansen is attending to her current out-ofwork duties. The chef is taking time out to raise her first baby, whose infant giggles punctuate our conversation.

And indeed, the issue is all down to Mother Nature, according to Rachel Humphrey, the first ever female head chef of Roux-owned Le Gavroche, who worked herself up the ranks since joining as an apprentice in 1996.

'Usually when you start to get to the very top of your game, you reach that stage where you want to start a family - that's the only real difference,' she insists sternly. 'Women are the ones who will usually make that sacrifice so men have it easier and can dominate the conversation.'

Henderson agrees. Having cooked with her husband Fergus for years at the French House Dining Room in Soho, his departure to set up St. John left her more than a little in the lurch.

'I was hugely resentful,' she admits. 'I had to put my career on the backburner as being a mother is bloody hard.' She laughs, 'It was like, 'I'm stuck here with these kids while he's off getting a career!"

Veteran of British food writing, celebrated author, and The Times recipe writer Lindsey Bareham wants to see more established women giving their young counterparts opportunities.

'As fabulous as they are, a lot of the top female chefs got their foot in the door due to male mentors - that has to

change if the numbers are to become more balanced,' she argues.

'Donkey's years ago I remember reviewing Sonia Stevenson, who ran the Horn of Plenty in Devon, which opened in 1967, and she was first women to get a Michelin star in Britain.'

'Look, we've already produced amazing female chefs in Britain, from Ruth and Rose at The River Café onwards, but when I broke through, the women were seen as cooks and the writers, while the men were the chefs – you'd be foolish to say those perceptions haven't changed.'

So do the women feel added pressure to help the next generation through? 'I get asked to be the focal point for women on a weekly basis and I'll do it, but if someone is talented, I don't care what sex they are,' says Hartnett. 'I have four restaurants and the head chefs are two men and two women. My responsibility is to the industry, not just to women.'

Hansen says it's important to strike a good balance in the kitchen and says she currently has around a fifty-fifty gender split. Although, with a wry smile, she adds: 'I smile a lot more if a young women makes it into one of my kitchens.'

Bareham interjects: 'I think the next generation coming through will be getting their opportunities from powerful women, not just men, and that really warms my heart.'

So what do the men think? The majority became, perhaps understandably, a little nervous when this topic was broached and ran for the exit door - but not all. 'Britain has the best female chefs in Europe,' says Jason Atherton, the celebrity chef responsible for Pollen Street Social. 'This stupid macho image and blokey kitchen banter has to die and it will; you don't need a f***ing long beard and hipster tattoos to be an elite chef. Claire Clark is one of the best paid chefs in the world - I hope the next generation will look at her, grab the torch, and run with it.'

ENTERTAINING HOME DINING NIGHT: FEMALE CHEFS

Irrespective of your own gender, knock up this three-course meal from Le Gavroche's Rachel Humphrey this Mother's Day, in culinary celebration of the strong females in your life.





PEAR, WALNUT AND BLUE CHEESE SALAD

SERVES: 4

INGREDIENTS

For the salad:

- 4 heads of white chicory
- 2 heads of red chicory
- 1 bunch of watercress
- 2 pears, peeled and cored
- 50g butter
- 80g walnuts
- 150g blue cheese (Roquefort or Fourme d'Ambert)

For the vinaigrette:

- 50ml red wine vinegar
- 100ml olive oil
- 50ml walnut oil
- salt and pepper, to taste

METHOD

For the salad, trim the chicory into individual leaves and pick the watercress. Wash and dry well, and set aside in a bowl.

Cut each pear into 8 pieces. Heat the butter in a pan and gently roast the pear pieces for 5-8 minutes until cooked but still holding their shape. Drain and set aside.

Toast the walnuts lightly in a dry pan, and add to the pears.

For the vinaigrette, mix the vinegar with the oils and season to taste.

Dress the pears and walnuts with the vinaigrette, and do the same with the chicory and watercress, reserving a little vinaigrette for plating.

To serve, place 4 pieces of pear on each plate, with the salad leaves and walnuts. Crumble over the blue cheese and drizzle with remaining vinaigrette.



SHOULDER OF LAMB WITH SLICED POTATOES AND THYME

SERVES: 4

INGREDIENTS

- 6 potatoes, peeled and sliced
- 2 onions, sliced
- salt and pepper, to taste
- 1 shoulder of lamb (approximately 1.5kg)
- ½ bunch of thyme, chopped
- 100ml white wine
- 500ml chicken stock
- buttered greens, to serve

METHOD

Preheat the oven to 180C.

Layer the sliced potatoes and onions in the base of a roasting dish, and season with salt and

Season the lamb shoulder all over and rub with the chopped thyme.

Pour the white wine and chicken stock over the potatoes, and place the lamb on top.

Roast for 20 minutes, then reduce the heat to 160C and cook for a further 3½ hours. After this time, the lamb should be tender and the potatoes will have absorbed the liquid.

Cover with foil and leave to rest for 20 minutes before serving with the buttered greens.

GINGER AND VANILLA PANNA COTTA WITH POACHED RHUBARB

SERVES: 4

INGREDIENTS

For the panna cotta:

- 500ml single cream
- 80g sugar
- 1 vanilla pod, split
- 1 small piece fresh ginger, peeled and roughly chopped
- 2 leaves gelatine, soaked in cold water then squeezed
- 30ml rum

For the rhubarb:

- 6 sticks of rhubarb, 5 cut into batons and 1 finely diced
- 50g sugar
- 120ml Champagne
- 30g crystallised ginger, finely diced

METHOD

For the panna cotta, bring the cream to the boil in a saucepan with the sugar, the split vanilla pod and the fresh ginger. Remove the mixture from the heat when it comes to the boil and add the soaked, squeezed gelatine and the rum.

Pass the mixture through a fine sieve and pour into 4 shallow dishes. Place in the refrigerator

For the rhubarb, cook the rhubarb batons gently in a saucepan with the sugar and Champagne.

Strain, reserving both the poached rhubarb and its cooking liquid separately, and reduce the cooking liquid by half to a syrupy consistency.

Allow the syrup to cool, then mix it with the diced raw rhubarb and the crystallised ginger and reserve until required.

Once the cream has set and you're ready to eat, top each panna cotta with some of the reserved poached rhubarb and some of the crunchy rhubarb and ginger mixture. Serve.

Recipes courtesy of Rachel Humphrey, head chef at Le Gavroche le-gavroche.co.uk





Premium Indian Wine



Sauvignon Blanc The Banter



Shiraz The Rumour



Cabernet Sauvignon
The Dialogue



Reserve
The Soliloquy

A CONVERSATION IN FOUR PARTS

HOW TO HOLD YOUR OWN AT THE DINNER TABLE: WOMEN IN FOOD

Zoe Perrett's facts about female culinary achievement will get tongues wagging at table

Written by Zoe Perrett

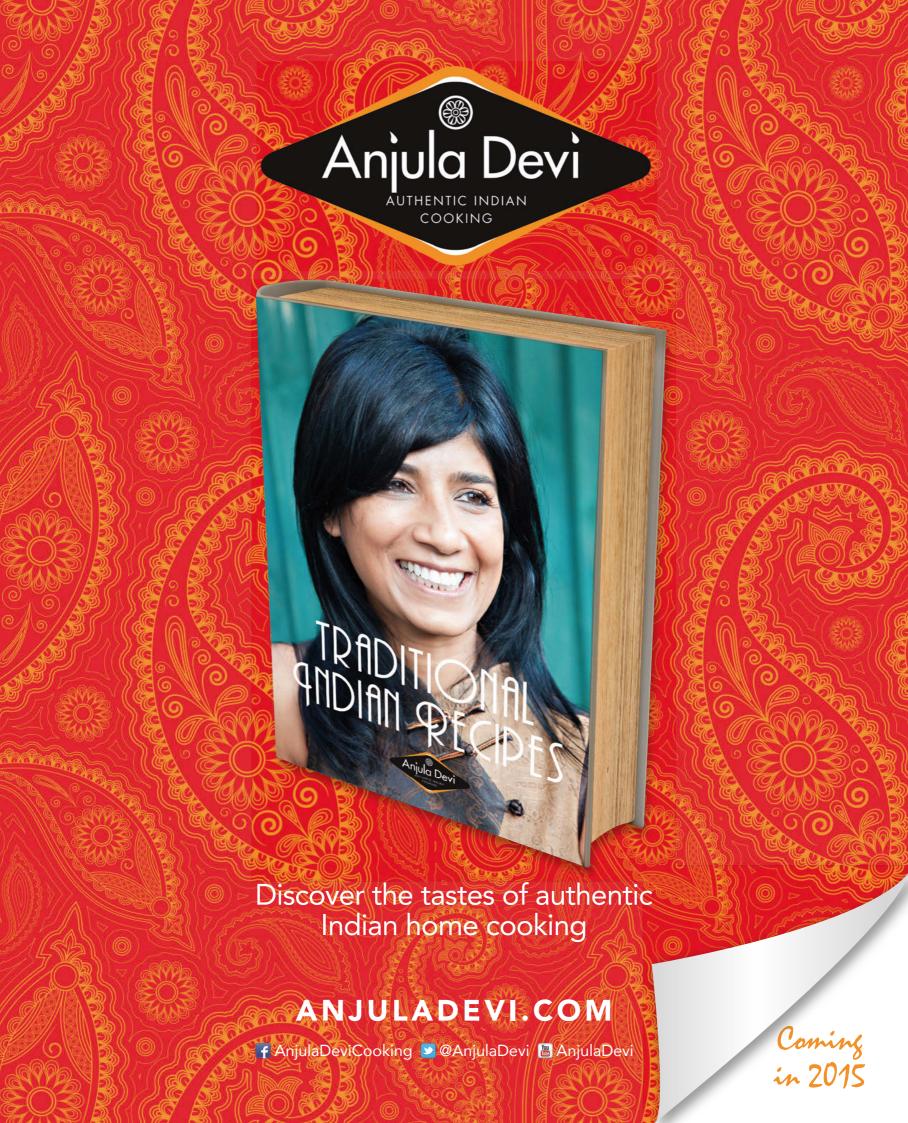
- Isabella ('Mrs. to you') Beeton's Book of Household
 Management sold 60,000 copies in 1861 in its first year of publication. The author was just 29 when she died.
- Early television cook Fanny Craddock perhaps pioneered the 'pop-up'; making vast meals for various theatre audiences with the assistance of husband and screen partner Johnnie.
- Marguerite Patten kept the nation cooking throughout World War Two. Her first UK television programme aired in 1947 and her 170 subsequent cookbooks have sold 17 million copies.
- British food writer Elizabeth David founded her eponymous cookshops in 1961, and produced eight now-classic cookbooks between 1950 and 1984. A further five were posthumously published.
- Eliza Acton's 1845 Modern Cooking for Private Families was the UK's first family-aimed cookbook and introduced both cooking times and the concept of listing ingredients in order of use.
- Best known for co-authoring Mastering the Art of French Cooking, American chef Julia Child had to have her kitchen specially designed to accommodate her 6'2" frame.
- Now best-known as the female face of the BBC's Great
 British Bake Off, Mary Berry perfected her Victoria sponge
 skills as a mobile demonstrator for the Bath Electricity
 Board Showroom.
- Next time you hear the tinkling peal of an ice cream van, think of the late Margaret Thatcher – whose research as a food scientist for J. Lyons and Co. helped develop soft-serve ice cream.
- National Institution Delia Smith is such an ardent supporter of her local football club, Norwich F.C., that she is a major

- shareholder. Supporters visiting the home ground can dine at 'Delia's'.
- Co-founder of Café Spice Namaste, chef Pervin Todiwala, is an honorary Dame d'Escoffier and holds a coveted TIAW 100 World of Difference award from The International Alliance for Women.
- The 2014 Queen's Birthday Honours List contained the name of British chocolatier Chantal Coady – awarding the Rococo founder an OBE for her ongoing 'services to chocolate-making'.
- Nigella Lawson's maternal family, the Salmons, were instrumental in shaping the success of Britain's iconic Lyons Corner House empire of tearooms and restaurants.
- Aside from reading her wise words in the fat tome that is
 The Constance Spry Cookbook, one can view a blue plaque devoted to the eponymous woman at 64 South Audley

 Street in London.
- Esteemed African-American chef Edna Lewis has a foundation named for her, which promotes the preservation and nurturing of the late talent's culinary heritage and culture in the USA.
- On Radio 4's Desert Island Discs, Leiths School of Food and Wine founder Prue Leith chose Beethoven's Symphony No. 6 as her favourite track, and a jeroboam of Champagne as her luxury.
- Darina Allen is not just a cookbook authority and owner of the Ballymaloe Cookery School. She's also a leader of Slow Food Ireland and founded the country's first farmers' markets.
- The preferred mode of transport for television's Two Fat Ladies was a motorcycle and sidecar - Jennifer Paterson on the former; Clarissa Dickson Wright occupying the latter.

More notable women to namecheck...

Valentina Harris President of Les Dames d'Escoffier's UK arm
Madhur Jaffrey Food writer, presenter and Indian food authority
Angela Hartnett Michelin-starred executive chef at Murano
Hélène Darroze Michelin-starred head chef at Hélène Darroze at The Connaught
Clare Smyth Michelin-starred chef patron at Restaurant Gordon Ramsey
Judy Joo Television personality and executive chef at Jinjuu
Florence Knight Head chef at Bib Gourmand-holding Polpetto
Camilla Schneideman MD at Leiths School of Food and Wine





ANJULA DEVI: LIFE, TIMES AND TASTE: WAITING FOR PAY DAY

In our new series, our Associate Editor Anjula Devi, founder of the Anjula Devi Cooking School in West London, shares the story of a dish loved by her whole family – even the dog...

Written by **Anjula Devi**

Then I was growing up in Southall we, like many of the large families around us, didn't have much money. But we were rich in other ways - most notably, in terms of food. My father was a keen home gardener, and so much of the fresh produce that we all loved came from our very own back garden.

To make the most of the garden, Dad built a makeshift greenhouse. In it, we grew a wealth of produce; tomatoes, chillies, and plenty of the herbs so prevalent in Indian cooking, like mint and coriander. In spite of us being young and having sensitive palates, dad always advised me that I should to bite into a raw chilli to gauge its heat level and flavour. He was wise - chillies come from many different parts of the world, and offer an incredible array of contrasting flavours and levels of heat, even when they come from the same plant. I still follow his advice today.

Another gem grown in our greenhouse was moongra - a radish with a very special flavour. This year I plan to grow it between April and June and cook dishes that revive some of the tastes of my childhood.

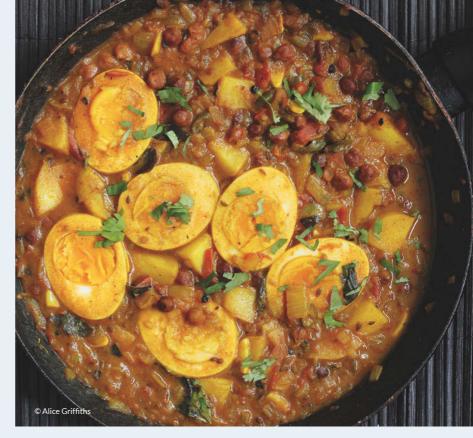
When I was around eight years old, my dad's 'waiting for pay day curry' made many appearances on the dinner table towards the end of the month when money was increasingly tight and we were waiting for the issue of his next pay cheque. In spite of its humble nature, we loved this dish and it is one that I continue to enjoy today, flavouring TRS kala chana (small black chickpeas), potatoes and eggs with an incredible blend of spices. Eaten with chapattis or simple boiled rice, it never fails to taste wonderful. Dad loved using TRS kala chana in his cooking. We always knew when we would be having a chickpea-based curry, as a couple of days beforehand his preparations would start. The kala chana would be placed in a bowl and rinsed, and a little water added. He'd then cover the bowl with a damp towel and allow the pulses to soften for a couple of days - making them tender, nuttier in flavour, and decreasing their cooking time.

It wasn't just the family who loved the garden - our dogs did, too. We had two when I was young; a short-haired Alsatian called Lassie, and Tiger, a long-haired German Shepherd. Indian food-loving Tiger was always my favourite. Whenever dad and I bought lamb chops for curry from the Indian butcher, we'd always get one extra for Tiger - and a few bones.

Those bones would be boiled up with garlic, cumin and black pepper. If Tiger didn't eat them straight away, we would often find them buried in the back garden; always next to the marrows and turnips, although I have no idea why he found this spot so fascinating.

Tiger was a real character. On a few occasions when dad and I took the 207 bus from Southall to Shepherds Bush market, Tiger followed us to the bus stop, jumped on the back of the old Routemaster as it left the stop, and came bounding up to us wanting an adventure and ensuring our journey was extended by taking him home before we headed off again - this time, with just the two of us making

Whenever Tiger pursued us, dad would level a flurry of Punjabi profanities in his direction. Yet, when we returned home with the shopping, Tiger would be faithfully waiting for us at the top of the road, and, of course, we would always both readily forgive him. After all, Tiger was treasured by the whole family; so much so that we regarded him as one of us and, when he got run over, my brother Raj and I called the ambulance as we would have done for any other human. Once the medics established that it was a dog who needed treating and the RSPCA arrived, Tiger's recovery was swift and he was soon eating Indian food with renewed vigour including, on the odd occasion that we failed to scrape our plates clean, a few bites of dad's incredible payday curry.



'WAITING FOR PAY DAY CURRY

During Anjula's childhood, money was often tight, but the home-cooked food was always amazing. This recipe title speaks for itself, and the dish was one of Anjula's favourites.

MAKES: 4-6

INGREDIENTS

- 4 tbsp vegetable oil
- 1 tsp coriander seeds,
- ½ tsp black peppercorns, crushed
- ½ tsp fennel seeds
- 1 tsp cumin seeds
- 6 fresh curry leaves, washed and dried
- 1 tsp turmeric
- 2 medium onions, finely chopped
- 4 cloves of garlic
- 1-inch piece fresh ginger, finely chopped
- 2 green chillies, finely chopped
- 1 large tomato, finely chopped
- 1 tbsp dried mango powder (sold as 'amchur')
- 1 tsp fenugreek leaves
- ½ tsp brown sugar
- 1 tsp salt
- 1 can TRS kala chana (black chickpeas), rinsed and drained
- 2 medium potatoes, cubed and parboiled
- 200ml water
- 4 boiled eggs, whole or halved according to preference
- 1 tsp garam masala
- small bunch of fresh coriander, chopped

METHOD

In a large saucepan, heat the oil over a medium heat. Add the coriander seeds, black peppercorns, fennel, cumin, curry leaves and turmeric and allow to sizzle for about 25 seconds.

Add the onions and cook until golden-brown. Add the garlic, ginger and fresh chillies, and sauté for 2-3 minutes. Stir in the tomatoes, and add the mango powder, fenugreek leaves, brown sugar and salt.

Reduce the heat to medium and cook until the oil separates from the onions on the surface. Stir in the chickpeas, parboiled potatoes, and the cup of water. Bring to the boil, then reduce heat to simmer

Cover the pan and allow to simmer for 15 minutes. Remove the lid and add the boiled eggs. Cover the pan and simmer for a further 5 minutes

Remove the pan from the heat, and add the garam masala and a sprinkling of fresh coriander. Serve with boiled rice.

More from Anjula







ith deep roots in the food industry, it is no surprise to find Camilla Schneideman at the helm of Leiths School of Food and Wine, the internationally-renowned British institution. With an impressive culinary ancestry her parents Michael and Suzy founded the Divertimenti cookshops in 1965, and her mother is Cordon Bleu-trained - food was a huge part of family life growing up. When they weren't around the dinner table, the Scheidemans were travelling Europe sampling regional specialities whilst sourcing beautiful hand-painted pottery and kitchenware. The family was also the first to bring the Magimix to UK shelves.

In spite of her roots, it wasn't until Camilla was twenty five and in possession of a drama degree that she had an epiphany on a flight from the USA and realised that cooking was the career for her. As soon as the aeroplane landed. she got on the phone to Leiths to book her place on its renowned Diploma in Food and Wine.

'From the moment I walked through the doors of Leiths I could see a phenomenal range of diverse career paths in front of me' says Camilla. 'By the time I left I was sure I wanted to work in a restaurant; largely due to the confidence instilled in me by my teacher Emma Crowhurst, who encouraged female students to apply for restaurants as much as the men. A very high percentage of women went to work in restaurants upon graduation as a result.'

Camilla spent eighteen months working at The Sugar Club, Peter Gordon's ground-breaking fusion restaurant, and cites his style of cooking as having a huge influence on her development as a chef. 'I was immersed in world ingredients that I wouldn't have otherwise come across, and my Leiths training had given me a superior understanding of techniques that allowed me to progress in the kitchen.'

Did she experience any challenges as a woman in the kitchen? 'I definitely felt undermined by some of the oldschool chefs but that just made me more determined to prove myself,' she says. Camilla firmly believes women add a lot to the kitchen. 'There are so many amazing female chefs out there. Just look at Leiths alumna leading their own kitchens: Florence Knight at Polpetto, Sara Adams at The Terrace on Holland Street. And Megan Rogers is senior sous chef at Zucca'. Yet despite her stance as a champion of female culinary achievement, in Camilla's own experience, a mixed-gender environment is the healthiest workplace.

Post-Sugar Club, Camilla moved to New Zealand, and it was while working at a café attached to a kitchenware shop and cookery school there that she realised a synthesis between the complementary businesses. By chance, and soon afterwards, her parents were invited to take on a spacious shop in Marylebone High Street which proved the ideal site to incorporate both a cookery school and café.

Finding herself on a very steep learning curve, Camilla set about creating a café inspired by the food culture in Australia and New Zealand; complete with a communal table - one of the first to appear in London. The cooking school showcased the most exciting chefs of the day and attracted a foodie audience who not only wanted to cook but also to learn from their food heroes. From there, Camilla developed the school programme to include skillsbased evening courses that drew on what she had learnt at Leiths.

In 2008, it was Leiths' turn to call Camilla to invite her take up the reins of the celebrated school. 'The whole experience was surreal,' she says. 'To be contacted by Leiths, a place I love, was a great honour. I was delighted to be interviewed and eventually offered the position'. Since re-entering the Leiths fold, Camilla has led a collaboration with Asda, successfully elevating the retailer's top-tier 'Extra Special' range to the highest levels of excellence. This unique project has involved Leiths reviewing products from a purely food perspective, and this influence on quality has had a knock-on effect across the industry.

Camilla has also overseen the expansion of the amateur programme which continues to grow in popularity. With so many classes on offer it can be hard to choose, but when pressed, she would sign up to a week-long, skills-based cooking course. 'We offer a beginner and intermediate cooking week every Easter, summer and Christmas' she enthuses. 'In that time we teach people all the fundamental techniques with contemporary recipes that are suitable for the busy lifestyles we lead today. While you are learning to cook delicious dishes you also gain the culinary skills you need to make them work every time'.

How to bone a leg of lamb

Boning meat is easier than you think. Learn this and other skills on Leiths Key or Intermediate Cooking Skills taking place from 13th - 17th April. Visit leiths.com to find out more.



Cut through the flesh closest to the bone, along the length of the bone.



Carefully scrape the meat away from the bone along its full length. Remove the bone.



Open it out a little more to create a flat rectangle of even thickness. Trim away excess fat and tendons.

ENTERTAINING LEITHS: CAMILLA SCHNEIDEMAN



Camilla's top 10 cooking tips

- A good sharp knife is safer than a dull one and will help get the job done more effectively and easily.
- A generous platter of charcuterie as a starter or a cheeseboard for dessert looks impressive and tastes delicious, leaving more time to spend with your guests.
- Duck breasts are brilliant for entertaining. Get ahead by browning the skin. Store in the fridge and blast for 10 minutes in a hot oven before serving.
- Always rest your meat. As it relaxes the juices are re-absorbed, making it more succulent and delicious.
- 5. Add a quick Asian noodle soup to your repertoire for a healthy, midweek meal in minutes.
- 6. Always buy big bunches of herbs. Wash, dry and store in a plastic bag with a piece of kitchen paper in the salad drawer of the fridge. They will last for weeks.
- Add fennel seeds to a shop-bought herbes de Provence mix for an aromatic blend to add to chicken dishes and easy Provençale beef stew.
- If short on space, a stick blender is the perfect gadget and makes easy work of milkshakes, smoothies, soups, batters, dressing and marinades.
- For freshly ground spices use a coffee grinder, but remember to clean it by whizzing up a piece of bread afterwards.
- 10. Taste, taste and taste again.



BUTTERFLIED LEG OF LAMB WITH A CAPER AND ANCHOVY RELISH

This is one of Camilla's favourite recipes. It's perfect for Easter entertaining and is a quick, easy and impressive way to serve a joint of meat.

MAKES: 6-8

INGREDIENTS

- 1 leg of lamb, about 2-3kg
- salt and freshly ground black pepper

FOR THE SALT CRUST

- 2 shallots
- 1 garlic clove
- 75g anchovy fillets in oil
- 2 tbsp olive oil
- ½ a lemon
- large bunch of parsley
- ¼ a bunch of thyme
- ¼ a bunch of oregano
- 3-4 tbsp small capers, rinsed and drained
- 180ml extra virgin olive oil

METHOD

Bone and butterfly the lamb.

Heat the oven to 220°C/gas mark 7. Weigh the lamb and calculate the cooking time, allowing 6–8 minutes per 450g, plus 20 minutes.

Open out the lamb, season it on the underside and lay it skin side up in an oiled roasting tin. Sprinkle the skin with salt and roast in the oven for 20 minutes, then lower the oven setting to 190° C/gas mark 5 and continue to roast for the remainder of the calculated cooking time.

Meanwhile, to make the relish, halve, peel and finely dice the shallots, peel and crush the garlic and drain and coarsely chop the anchovies. Heat the 2 tbsp olive oil in a small saucepan, add the shallots and sweat for 5 minutes until just starting to soften. Add the garlic and anchovies and sauté over a medium heat for 2-3 minutes until the anchovies start to melt. Remove from the heat and leave to cool.

Juice the $\frac{1}{2}$ lemon. Finely chop enough of the parsley, thyme and oregano leaves to give you 4–5 tbsp in total.

Add the capers, herbs and extra virgin olive oil to the cooled relish mixture and stir in enough lemon juice to balance the oil. Taste and season with pepper (the anchovies and capers add enough salt).

Once the lamb is cooked, remove it from the oven and leave to rest for 15–20 minutes. To serve, slice the meat across the grain and arrange on a large serving platter. Spoon a little of the relish over the lamb and serve the rest in a bowl.

Recipe from 'Leiths How to Cook', published by Quadrille



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ST. PATRICK'S DAY

Written by Roop Kahlon and Zoe Perrett

Fire & Ice team Roop Kahlon and Ben Martin present a pair of recipes perfect for a spot of post-prandial St. Patrick's Day indulgence





he notion that the Irish know how to party might be stereotypical, but on St. Patricks Day, it's a universal truth - especially evident when one witnesses proceedings as a bartender. From morning until night, pints flow, whiskey chasers follow; even coffee is liberally liqueured.

Who exactly is the national apostle and Patron Saint responsible for all those Irish eyes smiling? Most of the limited amount known about St. Patrick comes from his spiritual autobiography, Confessio, and selfpenned letters declaring him a 'most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped idols and unclean things had become the people of God.'

St. Patrick is widely regarded as the founder of Christianity in Ireland. Born in 460, he was kidnapped by Irish raiders at the age of sixteen and taken as a slave to Gaelic Ireland, where he allegedly found God whilst working as a shepherd. Patrick went on to become a priest and, by the seventeenth century, had been dubbed the Patron Saint of Ireland.

Isn't St. Patrick also credited with banishing snakes from the Emerald Isle? As there are no snakes in Ireland, 'snake' may have (somewhat hyperbolically?) referred to a type of worm. Another school of thought sees the snakes as symbolic; what St. Pat was actually banishing was the serpent symbols associated with paganism, and, by extension, the ancient religion itself.

You'll also see a fair few shamrocks on show on St. Patrick's Day. The three leaves of Ireland's national flower were used by the Saint as a handy way of illustrating the Holy Trinity belonging to the belief system he was preaching, and also had links with the Pagan sanctity of the number three.

The date of St. Patrick's Day was likely determined in accordance with the one on which Patrick met his Maker - depending on which story you swallow, he died either in Ireland, at Saul, Downpatrick, on March 17, 460 A.D.; or in Glastonbury, where he was latterly buried.

Myth and mystery aside, a modern St. Patrick's Day is an excuse to indulge, usually with at least a little and usually a lot - of liquor involved.

'The notion that the Irish know how to party might be stereotypical, but on St. Patricks Day, it's a universal truth'

Sensational 7: Irish whiskeys and bluffer's notes

Jamesons

- Aroma: Toasted wood and sherry
- Palate: Sweet, woody, nutty
- Finish: Smooth

Bushmills Original

- Aroma: Petrol, slightly floral, vegetal
- Palate: Tangy mineral/elderflower
- Finish: Long and sweet

Tullamore Dew

- Aroma: Citrus peel, biscuit, caramel
- Palate: Sherried peel, spice, vanilla, and buttered, honeyed brown toast
- Finish: Long, caramelly and vegetable

Redbreast 12 year-old

- Aroma: Clean, fresh, hint of linseed, nuts, cake
- Palate: Assertive, complex, with ginger cake, brazil nuts and treacle
- Finish: Sherry and liquorice

Paddy Old Irish

- Aroma: Oily and fresh. Floral and fruity, with cereal
- Palate: Toffee, cereals, rosewater, a little butterscotch and vanilla
- Finish: Dry and oaky, black pepper

Teeling Small Batch Whiskey

- Aroma: Cut grass, orange blossom, spice, apple pie and blackberries
- Palate: Spice, dried herbs, creamy vanilla, rose petal jelly and lemon curd
- Finish: Floral and herbal, with caramel

Powers Gold

- Aroma: Oranges and marmalade
- Palate: Toffee and candy
- Finish: Woody



QUAFF: IRISH PICK-ME-UP

MAKES: 1

INGREDIENTS

- 4 Dutch chillies, halved and deseeded
- 35ml overproof vodka
- 35ml Irish whiskey
- 15ml Patron XO Cafe (tequila-based coffee liqueur)
- 25ml agave syrup (made by blending 12.5ml agave nectar with 12.5ml boiling water and allowing to cool before use)
- 2 dashes orange bitters
- 7ml homemade chilli tincture (see above)
- 1 shot espresso

METHOD

For the chilli tincture, immerse the chillies in the vodka and leave to infuse for 24 hours. Strain to remove the chillies before use.

For the cocktail, place all ingredients into a cocktail shaker and shake hard. Using a tea strainer, strain all the ingredients into a small coffee mug. A froth will form on top of the drink, resembling the crema on a coffee.

Serve the cup on a saucer, with Oat-coated coffee chocolate truffles (see recipe) on the side.

Recipe courtesy of Roop Kahlon, aka The Urban Alchemist and the 'lce' in the Fire & Ice partnership.



SCOFF: OAT-COATED COFFEE CHOCOLATE TRUFFLES

MAKES: 8

INGREDIENTS

- 100g espresso-flavoured dark chocolate (around 70% cocoa solids)
- 100g double cream
- 2 tbsp jumbo porridge oats

METHOD

Chop the chocolate (the smaller the pieces, the easier it'll melt) and put in a mixing bowl.

In a saucepan, bring the cream to just below the boil. Pour the hot cream over the chocolate in the mixing bowl and whisk together. Once well-combined, place the bowl in the refrigerator for 15 minutes.

Whilst the truffle mixture is cooling, toast the oats

in a dry frying pan for 3-4 minutes until golden. Tip the toasted oats into a large container and reserve until required.

Remove the truffle mixture from the fridge and roll into 8 equal-sized balls. Toss the rolled truffles in the reserved toasted oats until thoroughly coated.

Serve on a saucer, alongside the Irish Pick Me Up (see recipe).

Recipe courtesy of Ben Martin, and the 'Fire' in the Fire & Ice partnership.

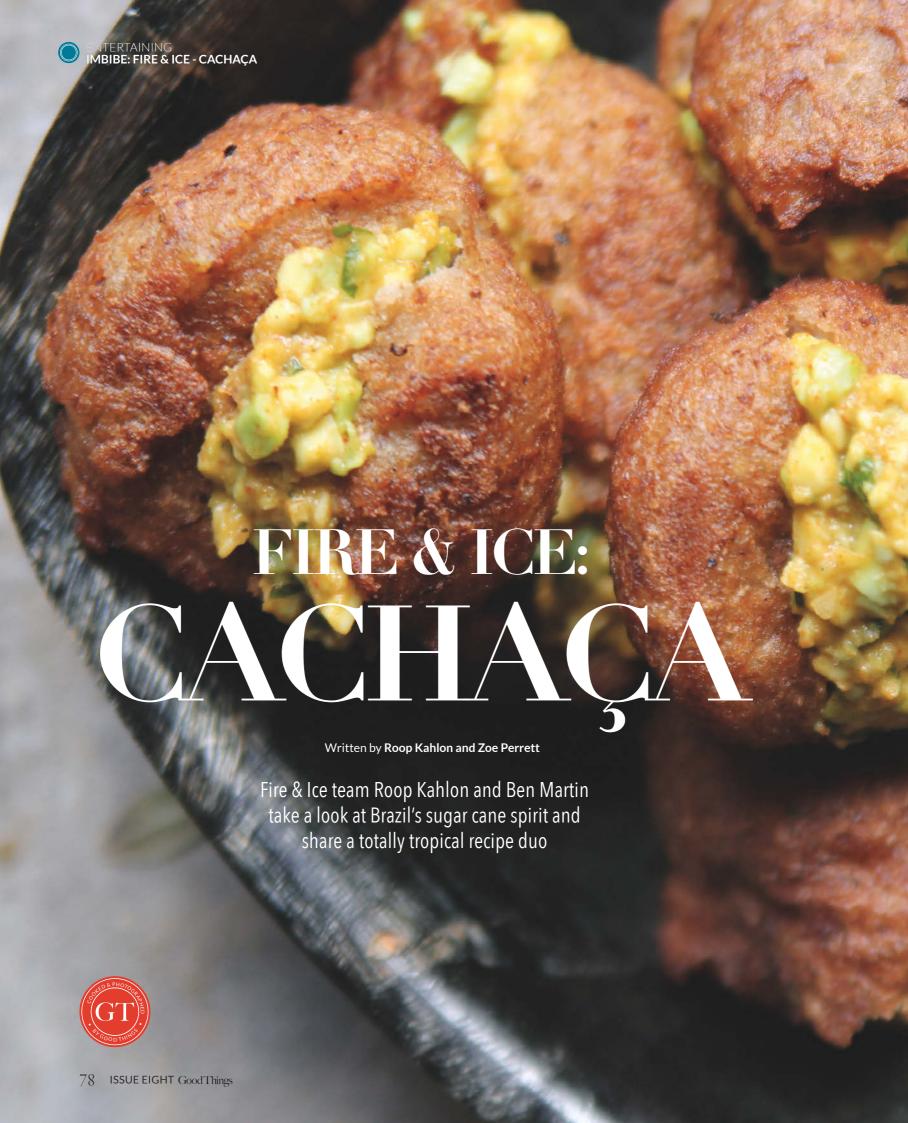
BEST TONIC WATER, AS VOTED FOR BY THE WORLD'S TOP 100 BARS*



IF 3/4-OF YOUR GIN & TONIC IS THE TONIC,
MAKE SURE YOU USE THE BEST

FEVER-TREE

PREMIUM NATURAL MIXERS





t was seventeenth-century Caribbean sugarcane plantation slaves who first discovered that molasses would ferment into alcohol. Their original rums were heavy and dark, whereas cachaça is a clear spirit, much like gin or vodka; probably first produced shortly after sugarcane was introduced to Brazil by the Portuguese in the mid-sixteenth century.

To make cachaça, cleaned sugarcane is pressed to extract the juice which is filtered and then fermented with fubá (corn meal) or rice bran; both aiding in the alcohol production and imparting distinctive flavours and aromas. As with most spirits and their producers, exact formulas for specific cachaças are closelyguarded secrets, but all will ferment the sugarcane juice for one to three days, distilling it at a steady temperature to separate the alcohol from the grain through evaporation prior to filtering.

Cachaça comes in two varieties, unaged (white) and aged (gold); the former aged for up to twelve months in wooden barrels to achieve a smoother finish. Barrel-aged gold cachaça is the 'premium' variety; aged for up to three years and typically drunk straight. The majority of production occurs in Brazil, where residents collectively consume one-and-a-half billion litres annually as the rest of the world sips just fifteen million.

In Brazilian, cachaça is often billed as 'pinga' and sometimes as 'aguardiente' – literally, 'firewater', although it lacks the stinging sensation that name often denotes. It's customary to purposefully spill a few drops of the smooth, sugar cane-scented spirit for their saints before drinking. The first shot of neat cachaça is often referred to as the 'guia' (guide), as it clears the path and leads the way for the rest to follow.

Originally and for a number of centuries, cachaça was the exclusive preserve of slaves and natives. Brazil's elite regarded it as the drink of the poor man, preferring imported whiskeys and cognacs. The image has lingered to an extent; but cachaçarias have begun to spring up in many cities, offering hundreds of varieties.

In Brazil, Governmental measures are in effect to protect the iconic spirit. In 2001, cachaça became an official and exclusive name for Brazilian cane alcohol, in the hope of establishing its credibility both domestically and internationally.

Globally, the most recognised cachaça-based cocktail is the 'caipirinha' - cachaça, lime and sugar but the spirit's versatile and delicious nature makes it a worthwhile acquisition for any cocktail cabinet.



Five Brazilian bars in London

- Barzinho 3-4 Archer Street, W1D 7AP archerstreet.co.uk
- Coco Bamboo 83A Haverstock Hill, NW3 4RL cocobamboo.co.uk
- Floripa 91-93 Great Eastern Street, EC2A 3HZ floripalondon.com
- Guanabara Parker Street, WC2B 5PW guanabara.co.uk
- Made In Brasil 12 Inverness Street, NW1 7HJ madeinbrasil.co.uk

Cachaça countrywide

- The Living Room Manchester
- **Brass Monkey** Nottingham
- *Island Bar* Birmingham bar-island.co.uk
- **Papajis** Bristol fccbristol.com
- **Epernay Champagne Bar** Leeds
- 33cankstreet Leicester
- Bon Vivant Edinburgh
- **Nectar** Newcastle nectarbar.co.uk



QUAFF: BATIDA

INGREDIENTS

For the simple syrup:

- 125ml granulated sugar
- 125ml cold water

For the cocktail:

- 25ml simple syrup
- 50ml cachaça
- 50ml condensed milk
- 6 fresh raspberries
- 6 ice cubes

METHOD

For the simple syrup, add the granulated sugar to the water, stirring until it dissolves and goes cloudy white (4-5 minutes). Leave to settle, and the syrup will turn clear.

For the cocktail, add all ingredients to a blender and blitz until smooth. Pour into a tall glass.

Garnish with a fresh mint sprig and a raspberry and serve with acarajé and guacamole (see recipe).

Recipe courtesy of Roop Kahlon, aka The Urban Alchemist and the 'Ice' in the Fire & Ice partnership.



SCOFF: GUACAMOLE-STUFFED ACARAJÉ (BLACK EYED BEAN FRITTERS)

MAKES: 6-8

INGREDIENTS

For the guacamole filling:

- 1 ripe avocado
- half a lemon, juice only
- ½ tsp Cayenne pepper
- ½ tsp smoked paprika
- small handful fresh coriander, finely chopped
- thumb-sized piece of fresh ginger, peeled and grated
- salt, to taste

For the acaraié:

- 150g dried black eyed beans, soaked in a bowl of water for 24 hours
- 150g onion, roughly chopped
- ½ tsp salt
- 350ml vegetable oil, to deep-fry

METHOD

For the guacamole filling, cut open the avocado and scoop the flesh into a bowl. Add the lemon juice and spices, and mash together with a fork. Add the ginger and coriander, mix, and season to taste.

For the acarajé, take the soaked beans in their bowl of water and rub the beans between your hands to remove the skins - they will float to the top of the bowl.

Place the skinned beans, onion and salt into a food processor and blitz until a smooth batter forms.

When ready to cook, heat the oil to 180C in a large.

deep pan. To test when the oil is ready take a small piece of the bean batter and place in the hot oil. If it readily floats to the top, the oil is ready.

Roll the bean batter into 6-8 even-sized balls and fry for 7-8 minutes or until golden all over.

Remove the balls from the oil and drain the excess oil on kitchen paper.

Cut a hole into each acarajé and fill with the guacamole. Serve on the side of a Batida (see recipe).

Recipe courtesy of Ben Martin, and the 'Fire' in the Fire & Ice partnership.



SKILLFULLY CRAFTED

TONIC WATER

...the way gin intended



Arriving Spring XV

www.btw-drinks.com



BTW: TONIC WATER, THE WAY GIN INTENDED

Gin might well be in, but quality spirits need to watch what they mix with. Zoe Perrett finds the perfect partner

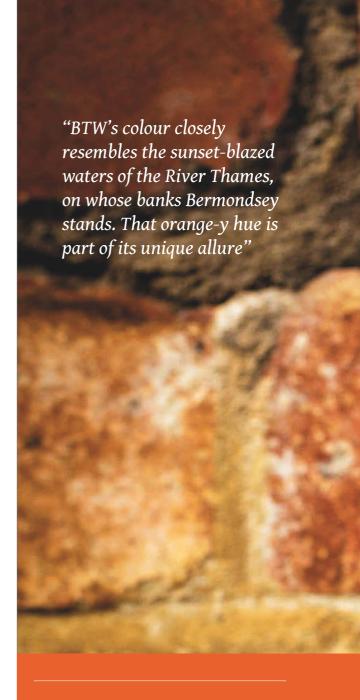
Images courtesy of BTW Drinks Written by Kavita Favelle

ven the most casual of drinkers can't fail to have noticed gin's spectacular, seemingly unending ascension. Over the past five years, a G&T has gone from identifying its drinker as unadventurous and rather unenlightened to placing them amongst a more discerning demographic. Yet, no matter how artisan the spirit, the 'T' to that 'G' is too often the same old standard stuff.

That exact paradox plagued Nick Crispini and Lawrence Mason as they sampled all sorts of innovative, small-batch gins. So they simply solved the problem by inventing BTW for basement cocktail bar 214 Bermondsev. In their new product, the founders had a tonic that would sip pretty with a great gin; neither over- nor under-whelming it or diluting its own aromatics. The contemporary British gin market is cluttered, to say the least, which few would argue is a bad thing when amongst their number stands many excellent showings of the spirit. Yet the figure concerning the number of available tonics to rival the two hundredplus gins is tiny and timid – fewer than ten. And, in spite of the flavour and style diversity within the gin genre, there's little to differentiate one mixer from another; and certainly nothing particularly noteworthy within the category.

So just what is it that makes BTW a mould-breaker, game-changer, or any other bombastic label that might be levelled its way? And, by the way, before that's pondered, what's with the acronym? In this instance, it's a sort of

postcode - the 'B' for 'Bermondsey', where it came into being; the 'TW' simply standing for 'tonic water'. Where the meaning behind the brand name might be crystal clear, the product itself is anything but; its colour closely resembling the sunset-blazed waters of the River Thames, on whose banks Bermondsey stands. That orange-y hue is part of BTW's unique allure, a result of the part-filtration which allows for a fuller flavour and results in a 'tonic syrup' which boasts that characteristic tint. Only a quartet of ingredients go into each small batch of BTW, including a quinine-containing bark called 'cinchona' whose use negates the need for the commonly-applied synthetic flavourings - and indeed, any other chemicals, preservatives or colourings. Available in both pre-carbonated, readyto-drink form and as a concentrate, BTW affords the adventurous mixologist endless flexibility. Blended with one's gin of choice, it seems to actively encourage a spirit to shine, allowing the drinker to appreciate the nuances of the spirit as if they were sipping it unadulterated. The tonic's recipe is rooted in Victorian tradition; and, in its versatile nature, would no doubt appeal to the eccentric inventors of the era as an ingredient ripe for experimentation in all manner of libations. Whether BTW's earthy flavours are simply used to enhance, lengthen and define a gin's own inherent character, or reinforce a more creative concoction, it's certain to say that this is a mixer made with the thinking drinker



HOW TO USE BTW'S CONCENTRATED TONIC SYRUP

- For each 50ml gin, add 25ml of BTW, then top up with carbonated water to taste. Each bottle contains around 20 average servings.
- BTW also vends 200ml bottles of precarbonated, ready-to-drink tonic water.

NOTABLE USES OF BTW

- Chocolatier Paul A Young added BTW to the 'London' specimen in his Valentine's 2015 collection; pairing it with Sacred gin, lime and 64% Michel Cluizel Papua New Guinea chocolate. paulayoung.co.uk
- At 214 Bermondsey, try BTW blended with any one of over a hundred different gins, sampling until you discover your own ideal combination. 214-bermondsey.co.uk
- In more complicated cocktails like the BTW Jewel in the Crown, or the Bermondsey Ramble

MORE INFO: btw-drinks.com





JEWEL IN THE CROWN

MAKES: 1

INGREDIENTS

- 25ml Old Tom gin 25ml Aperol
- 50ml freshly-squeezed grapefruit juice
- 15ml BTW syrup

Recipe courtesy of BTW: btw-drinks.com

BERMONDSEY RAMBLE

MAKES: 1

INGREDIENTS

- 30ml lemon juice
- 10ml sugar syrup
- 20ml BTW syrup

METHOD

METHOD

strain into a cocktail glass and serve.

Add the gin, lemon juice and sugar syrup to a cocktail shaker filled with ice and shake hard. Pour into an ice-filled glass, gently pour in the BTW syrup, and serve, garnished with a lemon twist.

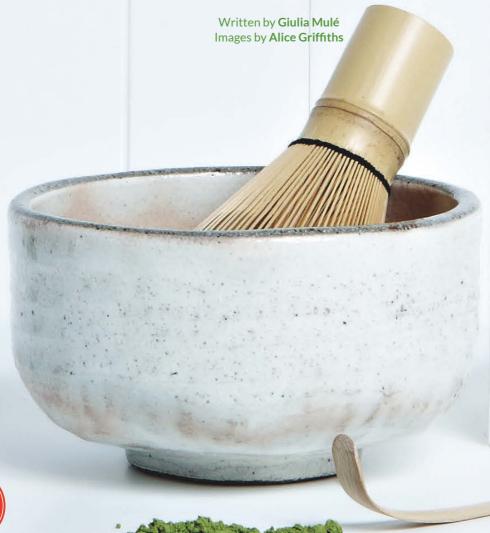
Mix all ingredients in a Boston shaker, shake hard, double-

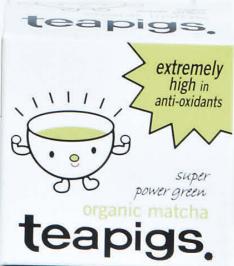
Recipe courtesy of Pritesh Mody, founder of speciality ingredients emporium (and BTW stockist) World of Zing worldofzing.com



ALITIE READING

In the past decade, the British tea industry has upped its game immeasurably. Giulia Mulé meets one company whose wares have proven very much the country's 'cup of tea'





he story of one of Britain's best-loved 'real tea' companies started almost a decade ago, when Nick Kilby and Louise Allen founded the teapigs brand in 2006 with the humble yet tough aim of raising the quality of tea being consumed in the UK. Neither was new to the field; both had previously worked for a big tea company, and had travelled the world sourcing and buying. Louise's knowledge was also practical; with a decade of professional tea-tasting experience under her belt. This knowledge and experience was to prove invaluable in the new company's nascent stages.

At the time it was the coffee world that was undergoing a revolution which eventually led to a wider and better offer, new specialty coffee bars and roasteries and ultimately higher customer expectations. By contrast, tea was still given very little attention. In spite of the fact that we are a nation of committed tea drinkers, consuming one hundred and sixty five million cups of tea every day (more than double than the amount of coffee), a similar revolution was yet to happen in the tea industry. Most tea in UK was drunk at home and the 'tea-on-the-go' experience was quite polarised: you could go to a café to have breakfast and be served an average cup of tea made from a dusty paper teabag; or you could go for afternoon tea and be served a high-quality loose-leaf version, but most likely at a high price and in a stuffy and intimidating setting.

Nick and Louise wanted to bridge the gap, making decent whole-leaf tea accessible to all and raising the tea quality standards in the UK in the process. They launched the brand in 2006 offering a range of twenty one teas chosen for their unique qualities and distinctive taste; a range which has today grown to twenty eight varieties.

Louise, teapigs' tea taster, is wholly open about what's in each of their tea bags: 'Our products contain the very best whole leaf teas, whole herbs, whole berries and real spices - no dust or artificial flavours in sight!'

The biodegradable teabags that contain those carefully-sourced ingredients are one of teapigs' major innovations - their design giving the leaves space to infuse rather than being crushed together. Teapigs was the first British tea company to successfully launch this style of mesh bag for whole-leaf tea; the resulting product quality enough to convince multiple other companies to subsequently adopt the practice.

Launching a new brand with such a wide range of teas was a risk: most start out with a few tested products. But it was precisely this that proved instrumental to teapigs' objective, attracting interest and custom from a diverse cross-section of Brits. Teapigs' approachable, friendly branding

had its part to play too, as it challenged the perception that fine tea demanded a stuffy setting.

The strategy proved a success with both home drinkers and the hospitality sector. Teapigs introduced the UK market not only to better tea, but also interesting new products - like its matcha tea - a superhero blend which reportedly contains one hundred and thirty seven times the antioxidants of normal green tea. As a whollynatural, highly-concentrated form of green tea, the energy-boosting vitamin-and-mineral-packed product is going down a storm with healthconscious consumers.

Teapigs sources its matcha from the renowned Nishio region in Japan, an area known as home to some of the country's highest-quality tea leaves since the thirteenth-century, owing to its idyllic climate, freshwater rivers and fertile soils. Matcha has been drunk in Japan as part of the tea ceremony for almost nine hundred years, and is used by Buddhist monks to keep them focused and energised during long days of meditation.

Prior to being swiftly picked and packed in a vacuum sealed tin, matcha tea bushes are grown under shade for the last two weeks of cultivation to protect them from direct sunlight and increase both amino acid and chlorophyll content - the latter responsible for the vibrant green colour of the drink. Whereas with regular green tea one would throw away the leaves after brewing, matcha is ground to a powder which is diffused in water, meaning it is ingested in its entirety. Teapigs' matcha is premium-grade, as it contains only the young leaves and buds of the tea plant; these are hand-picked and stone-ground to preserve their nutritional qualities.

Until recently, matcha consumption was largely confined to Japan, where it's particularly popular among students who are cramming for exams. But the UK is catching up, and matcha is increasingly available in cafés, health food shops and juice bars, as well as being used, more unusually, in baking.

With a new range of three ready-to-drink matcha products teapigs will, no doubt, continue to convert the uninitiated. Louise states that, 'although we have introduced lots of tea drinkers in the UK to great tasting, whole-leaf tea, there are still many more who are yet to discover it!' Product innovation will never cease but, for the moment at least, the taste-making tea company has declared that green is the new black.

> MORE INFORMATION teapigs.co.uk



MATCHA LATTE

SERVES: 1

INGREDIENTS

- $\frac{1}{2}$ tsp teapigs matcha powder
- 200ml milk
- honey or sugar, to taste

METHOD

Warm the milk. Mix 60ml to a paste with the matcha powder, then whisk in sweetener to taste and the remainder of the milk. Serve immediately.



MATCHA MARTINI

MAKES: 1

INGREDIENTS

- $\frac{1}{2}$ tsp teapigs matcha powder
- 2 tsp cane sugar (or light agave syrup)
- 2 tbsp water
- 2 shots vodka
- seasonal fruit, to decorate

METHOD

Dissolve the matcha and sugar in the water. Pour into an ice-filled cocktail shaker, add the vodka and shake hard. Rim a martini glass with sugar, pour in the cocktail and decorate with

 $\label{times} \mbox{Tip: If it's too strong, add a little sparkling water.}$

MATCHA COOKIES

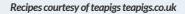
MAKES A GENEROUS BATCH

INGREDIENTS

- 200g butter
- 200g sugar
- 2 large eggs
- 1 tsp vanilla extract
- 300g plain flour
- $1\,\%$ tsp teapigs matcha powder
- 1 tsp baking soda
- pinch of salt

METHOD

Preheat oven to 200C. In a large bowl, beat butter and sugar until creamy. Beat in eggs and vanilla. Slowly add in blended dry ingredients and mix well to form a soft dough. Refrigerate for 30 minutes, then roll out and cut with a cookie cutter of your choice. Transfer to a greaseproof-lined baking sheet and bake for about 10 minutes.



teapigs, matcha

super power green tea

100% organic green tea leaves grown under shade

to increase the chlorophyll content (that's the bright green stuff that contains all the nutrients)





The leaves are then ground to a fine powder

So when you drink matcha, you consume the whole of the green tea leaf, ingesting every last bit of green tea goodness



It'll give you
buckets of
sprightliness!



Available as a pure powder and a ready made drink blended with spring water and fruit juice

You can drink matcha as a hot tea (the traditional way) or add it to fruit juice, smoothies and even porridge or yogurt















Receive trusted advice and expert knowledge from the UK-based tailor-made Croatia specialists



Travel & Culture

Easter holidays still unplanned? Take a vicarious visit somewhere unexpected through these pages, then plan your perfect getaway. Whether it's regional Mexican food, Kolkatan street eats, or the esoteric specialities of Japan that get your mouth all a-water, prepare for landing at a host of delectable destinations. We also explore the Galapagos Islands' gourmet side, introduce you to elegant Russian eating, give a glimpse of the world's most remote restaurants, and bring you all the hotel news you need to know this month.

Good Things

90 PHOTO ESSAY: WORLD'S MOST REMOTE **RESTAURANTS**

Prefer to dine without company? Visitors to these stunning remote eateries are likely to be few and far between

97 TALES FROM THE FOODISH BOY: **DARJEELING TEA**

Alex Nazaruk cut a funny figure shinnying up and down a mountainside next to female tea-pickers in Darjeeling, but it didn't deter him

98 WORLD HOTELS: WHAT'S HOT, WHAT'S HIP AND WHAT'S HAPPENING

Travel writer and gourmet globetrotter Heidi Fuller-Love tells you where to head right now - and why you should do so

102 GALAPAGOS GOURMET

Heidi Fuller-Love embarks on an exclusive gourmet cruise to the ${\it Galapagos\, Islands, taking\, food\, tours\, of\, the\, jungle\, and\, around\, Quito}$

108 MEXICO A GO-GO

With regional recipes and the ultimate guide to don't-miss dishes, Eleanor Ross has the inside track on eating well down Mexico wav

112 WHERE IN THE WORLD TO EAT UP EASTER

Eleanor Ross has been around the world and she can't find any better places to head for an Easter extravaganza than these

116 MIND YOUR MANNERS - RUSSIA

Douglas Blyde is a mannerly man; certainly the chap to chat to if you wish to avoid dinner table faux pas when consuming caviar and vodka with an oligarch

119 REAL TASTE OF INDIA: KOLKATA

In the second of a twelve-part series on India's regions, Finlay Middleton explores the cosmopolitan city of Kolkata

124 TOUR WITH A MASTERCHEF IN 2015

Eleanor Ross explores more MasterChef tour destinations where the learning is sure to be as delectable as the food

128 GOOD THINGS GUIDE TO JAPANESE SPECIALITIES

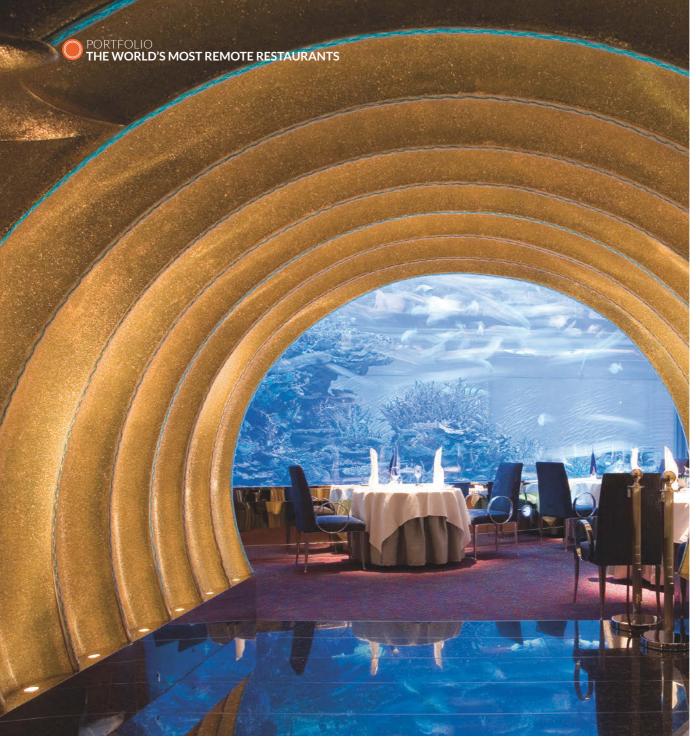
Kavita Favelle is a firm fan of Japanese cuisine and culture. In our ultimate guide, she highlights some lesser-known must-tries





Nordasti Hag,

Nestled though they are between Iceland and Norway, the Faroe Islands are rather easier to locate than Nordasti Hag, a traditional restaurant accessible only with extensive and arduous endeavour. No roads lead to Nordasti Hag; instead, one must travel cross-country, traversing rocks and swamps first by vehicle then biped. What greets persistent pedestrians is a rustic, well-aged farmhouse, playing host to a kitchen from which emerges humble, homely, and filling fare.



Al Mahara

BURJALARAB HOTEL, DUBAI

If you like to be under the sea then add the sumptuous underwater dining room at Dubai's Burj Al Arab hotel to your bucket list. Boasting a floor-to-ceiling aquarium, the sonamed 'oyster shell' restaurant might actually be in a city, but is a completely otherworldly experience. Fine wines combine with a menu of opulent excess - oysters, foie gras, Wagyu beef, Alaskan king crab – and, fittingly for a venue like no other, it all adds up to a completely inimitable experience.

jumeirah.com





Britta's Restaurant

TREE HOTEL, SWEDEN

Whether you choose to take your meals in the cosy, retro restaurant, $\,$ or at altitude; delivered to your private - and very modern - 'Treeroom' hostelry, founders Britta and Kent will feed you well at breakfast, lunch and dinnertime. Traditional Swedish dishes are constructed from locallysourced, sustainable game and foraged foodstuffs, each defined and refined with flavours drawn from the typical Northern pantry. Menus change daily and can also be built to specification.

treehotel.se

Huangshan Ziteng Tea House







Photography by Alice Griffiths

Global gourmand Alex Nazaruk shares his highlights from a year spent cooking around the world; continuing with an adventure that gave new meaning to 'high' tea

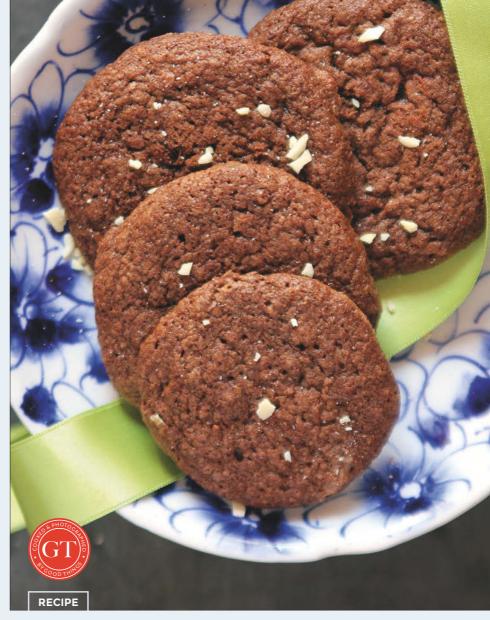
he beginning of March will always take me back to the week I spent plucking tea in the Himalayan foothills. Stationed at the highest and oldest plantation in Darjeeling, I had arrived shortly after the early spring rains awoke the freshest young leaves from their winter sleep. These delicate vernal buds, known as the first flush, are of unrivalled quality. Imagine the grand cru of the tea world and you're somewhere close.

If I close my eyes, I can still picture the scenes I took in whilst ambling down the mountainside of the plantations, flanked by a band of singing tea ladies. The morning air was redolent with the scent of our harvest; like freshly-mown grass only sweeter and more floral. This was surely a dream? And yet my extraordinary surroundings were nothing compared to the incredulity of the ladies on witnessing a puffycheeked Yorkshireman applying suncream and panting up the hill. I was arguably the first man, let alone foreigner, to spend a day working with them.

Picking may have been delicate work but the long steep climb was not. Exhausted by the end of the day, I would look forward to returning to my quarters in an old colonial house where I would sit on the terrace with a revitalising cup of first flush. It was like nothing I had tasted before. The liquor was light and brisk with hints of fresh jasmine. There was no bitterness, no lingering aftertaste - just a smooth finish that felt almost medicinally restorative in its effect. Had I found the elixir of life?

Get a taste of the Himalayas at home

Teapigs' Darjeeling blend is sourced directly from the Happy Valley estate where I spent my time picking. (teapigs.co.uk) Order teapigs' Darjeeling blend online and enter the code FOODISHBOY' for 20% off until 30th April



CHOCOLATE CARDAMOM BISCUITS

MAKES: 20-24

INGREDIENTS

- 125g high-quality dark chocolate (72% cocoa solids or higher)
- 250g brown sugar
- 125g unsalted butter, at room temperature
- 2 medium eggs
- 250g plain flour
- 1 tbsp cocoa nibs
- ½ tbsp ground cardamom
- 1 tsp baking soda
- 1 tsp orange zest
- ½ tsp salt
- chopped nuts, optional (pistachios, almonds or brazil nuts work well

While far from an authentic Indian snack, these biscuits with aromatic cardamom, rich chocolate and bitter orange offer the perfect companion to the complexities of a Darjeeling brew.

METHOD

Preheat the oven to 190C.

Melt the chocolate in a bowl set over a pan of barely-simmering water, then remove the bowl from heat and allow the chocolate to

Cream the sugar and butter in a large mixing bowl until noticeably lighter in colour and texture.

Mix in the eggs, one at a time, then add the melted chocolate.

In a separate bowl, combine the remaining ingredients and gradually add to the chocolate mixture, taking care not to overwork the dough.

Line a baking tray with parchment paper and spoon the dough out in 1 tablespoon-sized amounts, leaving a 2cm gap between each biscuit. Sprinkle with chopped nuts if using.

Bake in the oven for 12 minutes. Reduce baking time by 2 minutes if you prefer a chewy biscuit





THE HOTEL REVIEW

A two-hour drive from its Unesco-classed capital, Quito, Ecuador's rare cloud forest is home to giant toucans, rare fungii - and even a few pumas! Stay at Mashpi **Ecolodge** (mashpilodge.com) and experience life at the heart of the jungle.

FIRST IMPRESSIONS:

It's hard to know what to expect when you turn off onto a dirt track two hours from Quito and bump through lush jungle canopy to Mashpi Ecolodge, but when a huge-billed toucan flits out from the dense forest canopy overhead and flickers past the lodge's transparent façade, I know I've entered the pages of The Jungle Book.

Nine hundred metres above sea level in the heart of Ecuador's unique cloud forest - a dripping wonderland of gnarled, lichen-and-orchid-strung trees buzzing with exotic wildlife - this unique twenty two-room jungle retreat was the project of environmentalist, avid orchid collector and one-time mayor of Quito, Roque Sevilla. 'I orginally bought the land to save it from loggers,' he explains.

Sitting at the centre of its own one thousand three hundred hectare reserve, the lodge looks like a cluster of transparent cubes. When you're inside, it's like being in a giant viewing station where your attention is constantly distracted by the brilliant orchids, bright hummingbirds and bumbling sloths glimpsed in the surrounding forest. Just because you're in the jungle, don't expect to rough it though: there's a panoramic terrace, yoga lessons, a huge Jacuzzi and a well-stocked media room.

WHY GO NOW?

With Ecuador's year-round warm climate any time is a good time to stay at Mashpi. If you want to combine your jungle break with a trip to nearby Quito however, Easter week, when huge crowds re-enact the crucifixion story before celebrating with music and dance or supping on traditional foods (including Ecuador's sumptuous organic chocolate), is a great time to visit.



ROOM STUFF:

Mashpi has twenty two rooms and suites on three floors, all have wall-to-ceiling windows, plump beds, oversized wooden desks and cushy sofas.

I stayed in one of the lodge's three, vast Yaku suites with their thick floor rugs, sleek wood furniture and Philippe Starck-designed bath tubs. I loved soaking in the tub with its amazing views over the rainforest, or sipping a cocktail on the sofa and watching birds, and monkeys zipping through the tree tops outside my window.

FOOD STUFF:

With its transparent walls and high ceilings, Mashpi's spacious light-filled restaurant is an ideal space for sampling dishes whose raw ingredients, ranging from palm hearts to wild garlic and chocolate, are sourced from neighbouring farms, or the surrounding rainforest.

My favourite dishes were shrimp ceviche steeped in a lemony tomato sauce and rich Locro corn, bean and potato stew. I also loved the chef's organic Pacari Ecuadorean chocolate-tasting session.

DON'T MISS:

- A nightwalk with resident biologist, Carlos Morochz, to see huge moths and luminous fungi.
- Spotting toucans and other wildlife at the lodge's Life Centre.
- Pedalling on the lodge's two-seater sky bike to explore the forest canopy.

EAT AT:

- Zazú (zazuquito.com) An elegant dining space serving Ecuadorian/Peruvian fusion food, including mushroom tortellini served in a sumptuous foie gras emulsion.
- **Theatrum** (theatrum.com.ec) A glam eatery above the historical Sucre theatre serving Mediterranean-Ecuadorian cuisine where you should order the scrummy tasting menu.

READER DEAL:

• Mention this article to George Warren (george@ jacadatravel.com) and get a discount on Metropolitan Touring's Nature and Culture programme (metropolitantouring.com/nature-culture-at-its-best)



TOP THREE FOOD FESTIVALS IN MARCH

As spring arrives, March proves an action-packed month for travelling foodies seeking a cool festival...

OMNIVORE, PARIS (8-10TH MARCH)

A showcase for the globe's culinary rock stars, you should come here for cooking demos, culinary exposes, and to meet and eat with some of the world's most creative chefs.

Whilst you're here: Get your cocoa kick at The Little Chocolate Museum (42 Rue Sainte-Anne, 75002) eat at Alain Ducasse's recently reinvented flagship restaurant at the Plaza Athénée (alain-ducasse.com) and take a food tour with culinarytoursofparis.com

Stay where? Sip, sup and snuggle up at the fabulous Mandarin Oriental (mandarinoriental.com/Paris)

VEGFEST, BRIGHTON (28-29TH MARCH)

A meat-eater's nightmare, this lively veggie and vegan fest is one of Europe's biggest and best. Come here for the friendly atmosphere, food stands, cookery demos, workshops and more.

Whilst you're here: Shop till you drop in the hip shops of Kemp Town, sup seafood at GB1 (grandbrighton. co.uk) and take in a retro show at Proud Cabaret (proudcabaretbrighton.com).

Stay where? Chic and cosy, A Room with a View (aroomwithaviewbrighton.com) is my favourite place to stay in Brighton.

STRONG BEER FESTIVAL, MUNICH (UNTIL THE 14TH MARCH)

An excuse to down a few doppelbocks of Starkbier (the city's famous high-alcohol beer invented by monks), this is also a chance to don the lederhosen and join in a host of traditional festivities rocking the city for several weeks.

Whilst you're there: Visit the Beer and Oktoberfest Museum (bier-und-oktoberfestmuseum.de), take a trip to fairytale castle Neuchswanstein, and explore the Museum District.

Stay where? For a heady central spot to lay your head, stay at the swanky Hotel Konigshof (koenigshof-hotel.de)



MARCH'S HOTEL INSIDER RECOMMENDS...

Of the month's myriad hip hotel openings, these are my tips for the top:

- Located in the UNESCO biosphere reserve of Baa Atoll, I can't wait to book a bed at **Finolhu Villas** (clubmed.com), a new beach-club-style hotel with luxurious suites, where they've had the clever idea of bundling extras (like spa treatments and watersports) into the room price.
- I'm looking forward to checking into the brand spanking JW Marriott Venice Resort & Spa (marriott.com) on its own island with rooftop pool, cooking school and wine academy.
- As a big fan of **Mandarin Oriental**, you're sure to see me at their very swanky new property in Marrakech (mandarinoriental.com/Marrakech) in the very near future.

You heard it here first: If you're as sick as I am of hanging around airports between flights, you'll be glad to know that Destinia (destinia.com) now offers the chance to gain access to VIP Lounges for just 18€. Way to go, world!

South Africa

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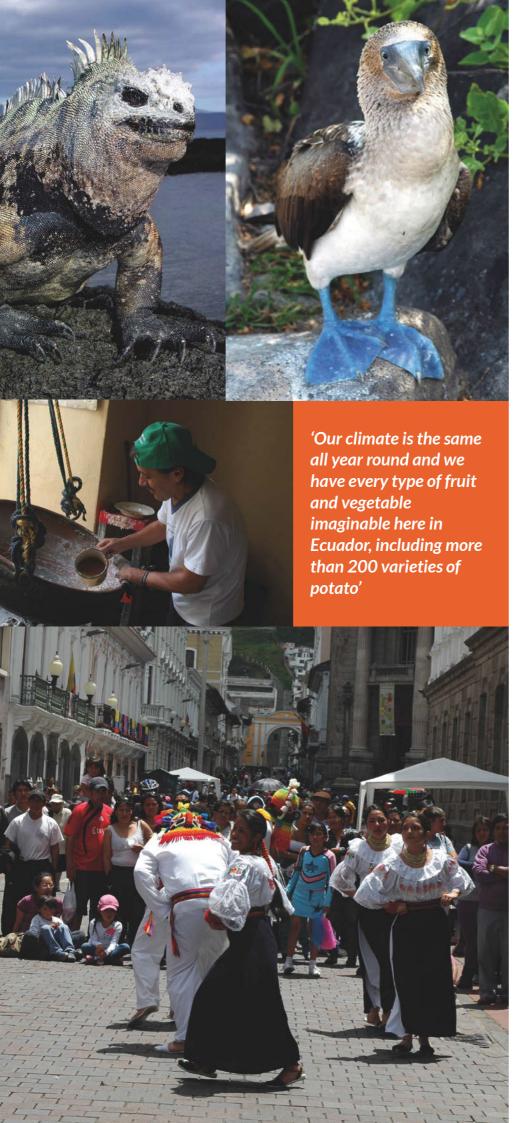
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y ears pop like firecrackers as the plane creaks up over the snow-peaked Andes, before sinking thankfully onto the tarmac of Ecuador's brand new airport.

9,350ft above sea level, Quito is the second-highest city in th world and my ears are still buzzing when a battered taxi whisks me with a machine gun rat-tat-tat of tyres over the cobbles of Quito's Unesco-heritage-classed old town, to Casa Gangotena (casagangotena.com) where afternoon tea, including home-baked corn bread and the chef's speciality cakes, awaits me.

After a blissful night's sleep in this three-storey art nouveau boutique hotel overlooking Plaza San Francisco, I meet Gangotena's chef, Andres Yeardley, for a food tour of this city whose diversity of ingredients is legendary.

Andreas tells me that Ecuador, which stretches from the Andes Mountains via the cloud forest, to the Galapagos Islands, has one of the world's most diverse ecosystems. 'And that's why we have such a huge variety of food,' he explains.

It's Good Friday, and the thronging streets buzz with the tinny rousing sounds of Cumbia music and the fierce whizz of blenders, as lines of vendors prepare fresh fruit juice from the dozens of different fruits that grow in Quito's fertile volcanic soil.

Andres takes me to the Mercado Centrale, market place. Outside it's just a bland concrete slab, but inside it's a riot of odours and colours, with herb vendors offering their treatments next to stands groaning under the weight of exotic fruit and vegetables. 'Our climate is the same all year round and we have every type of fruit and vegetable imaginable here in Ecuador, including more than two hundred varieties of potato,' Andres tells me proudly as I sip rich blood-red sausage soup Yaguarlocro and nibble cuyoguinea pig roasted over a spit, which as well as being stringy and quite fatty, tastes a bit like duck.

The following day, the same battered taxi drives me back to the airport through crowds of Easter revellers in bright coloured costumes, who dance in the street or parade over the cobbles carrying huge crosses on their backs.

A two-hour flight takes me to the Galapagos Islands. Nineteen Unesco-classed islands formed by volcanic activity a thousand kilometres from the Ecuadorian coast, the Galapagos archipelago is extremely isolated, which is why a huge variety of endemic species, ranging from dog-sized land iguanas, to immense tortoises and rare birds, come here to breed in peace – little wonder that Charles Darwin spawned his theory of natural selection whilst visiting these fascinating islands.



A rubber dinghy from the main port, Puerto Baquerizo Moreno, ferries me over to yacht La Pinta (yachtlapinta.com) where I have dinner with the six other passengers and our team of naturalists. On board the food is excellent: we have marinated seafood ceviche (*see recipe*) and tender wahoo fillets in a rich wine and mushroom sauce, and we even get to try Easter speciality, fanesca soup, made with twelve different beans and grains to represent the apostles.

That night our yacht travels to the tip of San Cristobal and I wake the following morning to views of a craggy lunar landscape that can't have changed much since Darwin came here in 1835 on board The HMS Beagle. Darwin first encountered some of the archipelago's huge tortoises and lizards on San Cristobal, and noted in his diary: 'Met an immense Turpin; took little notice of me.'

After breakfast, our group meets outside La Pinta's muster station to struggle into lifejackets, then we head out in our small boat panga to Punta Pitt.

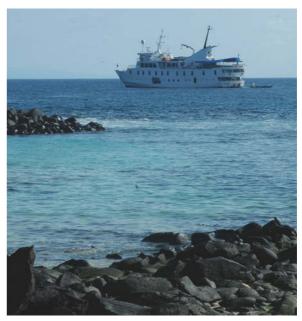
It is baking hot as we climb to the top of this emblematic chunk of volcanic rock, but the narrow path en route is dotted with blue-and-red-footed boobies, their feet as vivid as wax crayons. Right at the top we find the nest of a rare Nazca booby, with a single chick, like a puppy- sized ball of cotton wool, inside. Later that day we get closer still to the local wildlife as we snorkel with a sixty-plus colony of sea lions, which dart up and around us, occasionally taking a cheeky nip at our wayward flippers.

After three days onboard I end my stay at Finch Bay (finchbayhotel.com), an award winning eco-friendly hotel fronting the white sand beach of Santa Cruz Island. Out hiking the next day through lunar landscapes studded with the island's unique cactus trees, I spot my first giant tortoise.

Meeting this living legend in such an odd, outlandish place is the perfect culmination to my trip to discover Ecuador's unique archipelago.

READER DEALS

Contact George Warren (george@jacadatravel.com) and mention this article to receive a special discount on Metropolitan Touring's 'Nature and Culture at its Best' programme (metropolitan-touring.com)



WHERE ELSE IN THE WORLD TO SEE WILDLIFE

With milder temperatures and less crowds, the period before and after Easter is often a good time for wildlife cruises. Here are three that you shouldn't miss:

BREATHTAKING ALASKA

Late winter, when there are plenty of activities, including sled-dog and snowmobile races as well as good chance to see the aurora borealis, is a great time to cruise Alaska.

On one of National Geographic's eight-day Exploring Alaska's Coastal Wilderness tour you'll get a chance to see orcas and bears, explore glaciers and sample local specialities like amazingly-fresh Alaska salmon and sourdough bread.

Find out more: expeditions.com

ASTOUNDING AMAZON

Easter (when the water level is high, making a greater number of waterways accessible to smaller craft) is a great time to explore the Amazon.

Gliding along the river you'll see pink dolphins, monkeys and other wildlife and you'll savour typical Brazilian dishes like feijoada black bean and meat stew served with manioc and leafy green kale, or Easter treats like pacocoa crushed nut paste and Easter ring cake.

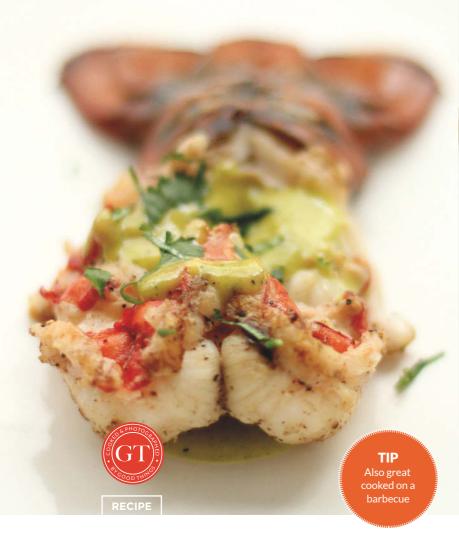
Find out more: aquaexpeditions.com

INCREDIBLE ICELAND

Easter is the ideal time to spot aurora borealis and killer whales in Iceland during a Northern Lights and killer whales photography tour.

Based in a cosy hotel on the seafront you will take boat trips out into the bay of Grundarfjorður to spot orcas. Back at the hotel sample local delights, including smoked lamb hangikjöt and gruel with Icelandic moss.

Find out more: responsibletravel.com



LOBSTER TAILS IN SPICY COCONUT BUTTER

SERVES: 4

INGREDIENTS

FOR THE SPICY COCONUT BUTTER:

- 3 tbsp annatto oil
- 2 small red onions, finely chopped
- 5 cloves garlic, finely chopped
- 120ml coconut milk
- 50g desiccated coconut
- 1 tbsp chopped fresh parsley
- 2 tbsp chopped fresh coriander
- 120g butter

FOR THE LOBSTER:

- 4 lobster tails
- salt and pepper, to taste

FOR THE GARNISH:

 chopped fresh herbs of your choice

Recipe courtesy of Byron Rivera Real, Gastronomic Director, Metropolitan Touring metropolitan-touring.com

METHOD

For the spicy coconut butter, heat the annatto oil in a pan set over medium heat and fry the onion and garlic until soft. Add the coconut milk and grated coconut, and cook until sauce-like in texture.

Remove from the heat, add the parsley and coriander, blend until smooth, and pass through a fine-meshed sieve.

Put the mixture in a saucepan set over low heat, add the butter, and allow it to slowly melt in. Add chilli and salt to taste and set aside, keeping warm.

For the lobster, heat the grill to medium-high.

Open the lobster tails by cutting the membrane at the sides to remove the meat from the shell, so you can better control the cooking. Add salt and pepper to taste, and grill for about 3 minutes on each side.

Serve the grilled lobster tails bathed with the reserved coconut butter, garnished with fresh herbs of your choice, with chips or plantains on the side.



WAHOO IN INFUSION OF ISHPINGO (CINNAMON FLOWER)

SERVES: 1

INGREDIENTS

FOR THE SAUCE

- olive oil
- 30g leek, finely chopped
- 1 clove garlic, finely chopped
- 60g mushrooms, finely chopped
- 50ml white wine
- 250ml fish stock
- 10g fresh parsley, chopped
- 10g chives, chopped
- 1 piece ishpingo (dried cinnamon flower; substitute 5 fresh thyme leaves)
- salt. to taste

FOR THE FISH:

- olive oi
- 180g wahoo fillet (substitute dorade)
- salt, to taste
- 20g cooked green peas
- 1 fresh or dried chilli, chopped, to taste

TO GARNISH (OPTIONAL):

- lemon mousse
- assorted edible flowers

METHOD

Heat a little olive oil in a pan set over medium heat and cook the leek, garlic and mushrooms until soft. Add the white wine and fish stock, and cook for 7 minutes to reduce.

Season, remove from the heat, and add the chopped parsley, chives, and the ishpingo. Blend, pass through a fine-meshed sieve, and set aside.

Season the fish fillet to taste, heat a little olive oil in a pan set over high heat and sear until half-cooked.

Reheat the reserved sauce reduction over medium heat, add the part-cooked wahoo, and cook for 3-4 minutes to finish cooking.

Ladle into a deep serving dish with the reduction, cooked peas, and chopped chilli to taste.

If desired, garnish with lemon mousse and edible flowers before serving.

Recipe courtesy of Byron Rivera Real, Gastronomic Director, Metropolitan Touring metropolitan-touring.com



QUITENO-STYLE SHRIMP

SERVES: 4

INGREDIENTS

FOR THE BROTH:

- 1 red onion
- 1 carrot
- 1 pepper
- 1 bay leaf1 sprig coriander
- 1 sprig container1 sprig parsley
- 1 lemon
- salt and pepper, to taste

FOR THE SHRIMP:

• 450g/approximately 36 peeled and deveined Ecuadorean shrimp

FOR THE CEVICHE MARINADE:

- 250 ml fresh orange juice
- 100ml fresh lemon juice
- 200ml cooled shrimp broth (see above)
- 1 tsp sweet mustard
- 1 whole tomato
- salt and pepper, to taste
- 60g red onion, finely chopped
- 5g coriander, chopped

METHOD

For the broth, place the onion, carrot, pepper, bay leaf, coriander, parsley, lemon, salt and pepper in a saucepan, cover with water, and cook until vegetables are tender. Strain the liquid, discard the solids, and bring the broth to the boil.

Cook the shrimps in the broth for 1-3 minutes until they just turn white, but the flesh remains firm. Drain the shrimps, setting the broth aside to cool, and plunge the shrimps into iced water.

For the ceviche marinade, mix together the orange juice, lemon juice, reserved cooled shrimp broth, and mustard. Grate in the whole tomato and season to taste with salt and pepper.

Add the cold cooked shrimp, chopped onion and coriander to the broth, and leave to marinade for at least 15 minutes to absorb the flavours.

Serve each diner a small bowl of the ceviche, accompanied by plantain chips, roasted corn, or popcorn. In Ecuador, it is also accompanied with lemon wedges and a spicy sauce made with chilli.

Recipe courtesy of chef Andrés E. Davila

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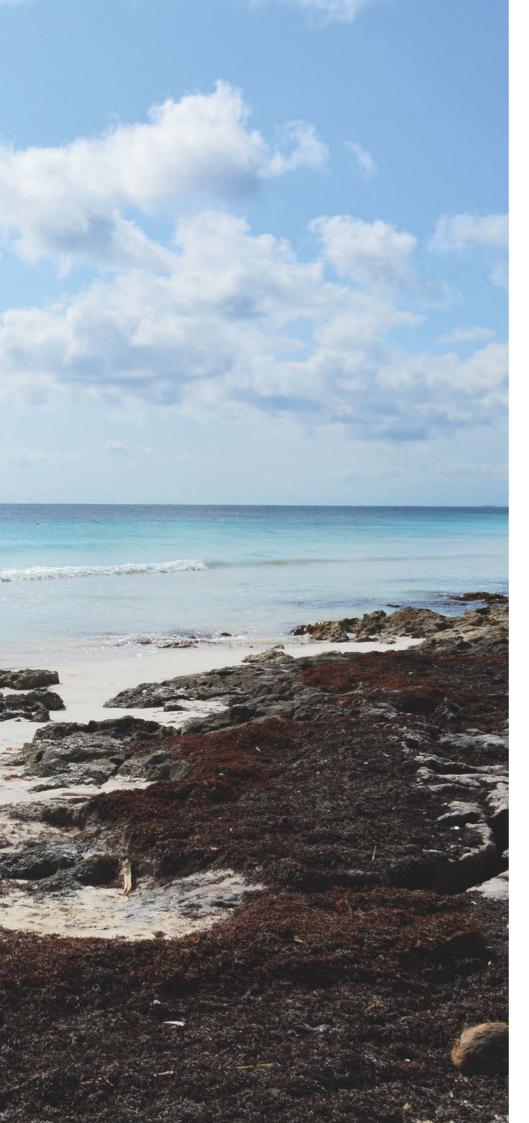


MEXICO AGO-GO

Unlike the locals, Eleanor Ross wasn't born with chilli in her mouth. But in Mexico, she learnt to love feeling the burn

Written by **Eleanor Ross**Photography courtesy of **Lucy McGee & Alice Griffiths**





hen the sun sets over the Caribbean it sets pink, like a plump grapefruit lowering itself into the sea. The scents change too; the fragrant blossomings of bougainvillea dulled by dusk, and replaced with grilled meat, cooked at the roadside by entrepreneurial locals.

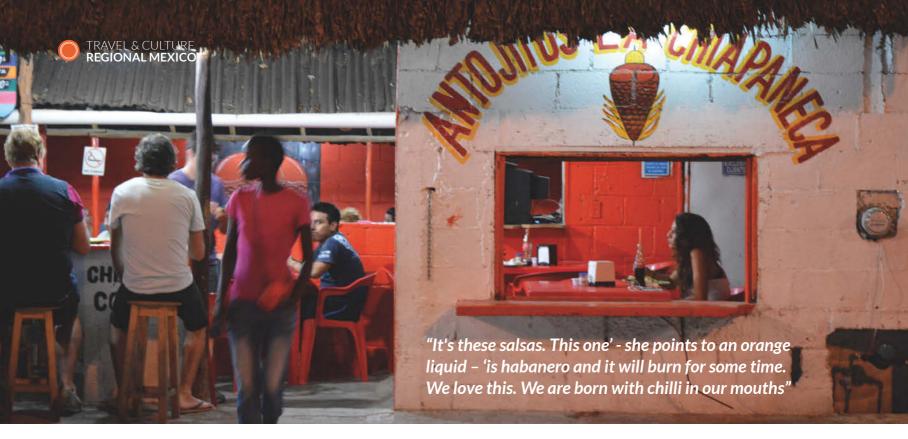
This is Quintana Roo, one of the busiest tourist destinations in the Americas. The plane touches down and a melee of pasty tourists from Canada, Seattle, London, and Amsterdam barge and nudge each other to reach the sun, like moths drawn to light, clamouring for salvation from winter. But the arrivals hall is packed, and the queues snail trail past lacklustre officials in sweat-stained waistcoats.

I arrive at Hotel Cacao in Playa del Carmen with my nerves on edge, waiting for Mexico to rock me in her arms and give me back my sanity after eleven hours on a plane. A startling limey mojito at the rooftop bar does that, far away from the crowded shopping streets of Avenue del Norte, where shots of tequila are handed out free to bachelorette parties.

I'm in Mexico to delve deeper into the food in the Yucatan and Quintana Roo. Cancun is known universally as a favourite among spring breakers and stags. But I'm here to experience the region that will play host to the Riviera Maya Food and Wine festival, which in 2015 will be focusing on Mexico's leading female chefs. Held from the $12^{\rm th}$ - $15^{\rm th}$ March, the event will see gastronomes arrive from all over the country showcase sophisticated Mexican food.

Taco queen Kim throws a handful of diced cow cheek onto a hot plate and shuffles it around with a spatula. In Tulum, just an hour south of Playa del Carmen, typical Mexican food is influenced heavily by the corn rich, starchy Mayan cuisine. But here I'm just after tacos, away from the Argentinian steakhouses and American-style salad bars along the Carretera Tulum-Cancun.

'Where are you from?' asks Kim, and she tosses a handful of chopped cebolla, liberally doused in lime and coriander onto my tacos. She works this taco stand seven nights a week, and tells me she is famous for using offal to create delicious food. She hands me the tray, and I squat on a rickety plastic stool and roll the corn tacos into my mouth. I choke.



Kim cackles. 'Picante? 'Si. mucho! But delicioso.'

These tacos are searingly hot and my lips are already numb after just one bite, but they're seriously addictive.

'It's not Mexican food that's spicy,' says Kim, coming over and leaning her plump arms on the table. 'It's these salsas. This one' - she points to an orange liquid - 'is habanero and it will burn for some time. We love this. We are born with chilli in our mouths.

La Chapaneca is another Tulum taco institution that's 'basic' personified, but has the best tacos I've ever eaten. For seven pesos you get an abrupt waiter, a plastic red chair and no air-conditioning, but the food is smoky, warm, crunchy, and fresh all at once.

Mayan culture is alive and well in the Yucatan - the temples and sacred sites that lie scattered around the thick jungle undergrowth are reminders of the prominence of Mayan culture until the Spanish invaded in the sixteen hundreds. This culture finds its way into the food too: one of the most famous dishes the Mayans brought over was pibil, which means baked under a rock in the local lingo.

Conchinita pibil is served in most restaurants in the area. We know it as pulled pork, and here, it is marinaded with axiote and often served with a wedge of lime and tangy onion. La Caballa Blanca in Tulum specialises in another dish heavily influenced by the Mayans: mezcal plantain. Here, the waitress explains as she puts the pungent dish down in front of me, the plantain has been caramelised in a mezcal sauce. 'It's a strong flavour,' she smiles. 'From the maguey plant, part of the agave family."

The plantain is both sweet and savoury at once, but the mezcal cuts through the dish. It's bitter and powerfully sweet - an acquired taste, I think, pushing the ingredients from one side of the plate to the other. The waitress is offended: 'But mezcal is very delicious.' Perhaps, but I might try it in cocktails rather than in my pudding next time.

As well as beaches that look like they've been Photoshopped, the region is also known for its sinkholes. Clefts of land that have caved away to reveal deep channels, underground ravines and water so clear you can make out

the pores on your feet.

Back on the road that evening, I drive away from Tulum's pristine white beaches towards the colonial splendour of Merida, four hours north. Used by many as the jumping off point for Chichen Itza, it's also home to great street food and Apoala's, a restaurant that serves Mexican craft beer.

Merida is a typical Central American colonial town, but what sets this town apart from the rest of the Yucatan peninsula is that it's a place folks actually live and go about their daily business. The town is for its citizens, rather than tourists. The central market is stuffed full of fresh produce. and women wearing frilly pink aprons ladle ceviche out of tall glass jars and tip it into hi-ball glasses for local punters.

Merida's cathedral is one of the oldest places of worship in the Americas, and it is a cool place to wallow while the sun beats down. I use the afternoon to hide from the sun at Apoala's, chatting to Arnie who's in charge of the bar: 'I'm

BEST MAYAN **RUINS**

CHICHEN ITZA

A UNESCO world heritage site and one of the largest and most visited ruins in Mexico, famous for the Kulkukan Pyramid. Don't expect to be able to climb the structures - several deaths from tumbles mean the pyramids are now off-limits.

UXMAL

peaceful early in the morning, when you can watch birds circle the temples and avoid tourist groups. Tip: you can climb the main pyramid here.

EK BALAM

Sitting 25km north of Valladolid, it is a very small site. It's been restored and looked after well: the plaster on the tomb of King Ukit Tan Lek Tok, buried inside the central pyramid is spectacular.



inspired by Mexico, our wine from Baja California, our mezcal, our craft beer. Here in Merida the craft beer scene is blooming; it's mainly expats and visitors right now, but we're trying to change that. It's so exciting to pair beer with food - in some foods craft beer can really heighten the taste of the cilantro for example, it helps to awaken the palate. I love this challenge.'

The menu at Apoala's is exciting too. Recommended by our boutique hotel (Hotel Diplomat), it was certainly a sublime suggestion. I enjoy eating tacos as much as the next person, but it's exciting to see how Mexican food has been elevated into a beautiful cuisine where presentation is just as important as flavour.

I lick my spoon, my plate of ceviche wiped clean, and lean back to hear La Cucaracha play for the twentieth time this trip. But, like pibil, and absurdly fresh avocados, it never gets tiresome. Ever.

TOP THREE HOTELS IN THE YUCATAN

HOTEL CACAO, PDC

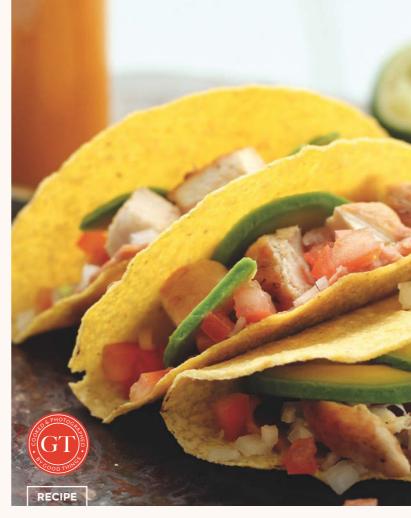
(hotelcacao.com.mx): A splendid hotel, with a superfluous rooftop infinity pool and a gym overlooking Playa del Carmen's skyline. Service is exemplary and the Western-style breakfast is fabulous: as is the cutting edge design of the building.

THE DIPLOMAT HOTEL, MERIDA

(thediplomatmerida.com): One of the best places I've stayed in the world. An unpretentious boutique hotel with just four suites, a private villa vibe, and a courtyard pool. Canadian hosts Neil and excellent cook Sarah have an encyclopaedic knowledge of Merida.

VILLAS GEMINIS, TULUM

(villasgeminis.com): Self-catering Villas Geminis, located in the heart of Tulum's main strip, provides peaceful rooftop terraces (some with an outdoor tub). Each room is dedicated to an artist - ask for the Miro room if you want pure luxury - and there's a spectacular pool.



THE PERFECT TACO

SERVES: 4

INGREDIENTS

- stack of maize tortillas
- 2 chicken breasts, diced
- 8 tbsp refried beans
- 1 onion, diced
- 2 tomatoes, diced
- 2 very ripe avocados, sliced
- 1 lime, juice only

Recipe courtesy of Juan's taco stall in Merida

METHOD

For each taco, heat a tortilla in a hot, dry pan for 10 seconds, then remove and reserve. Add a dash of oil to the pan and fry the chicken until slightly browned.

Spread a layer of refried beans on each tortilla and pile with a handful of chicken, some diced onion and tomato, a few slices of avocado, and a squeeze of lime.

Serve with a helping of habanero hot sauce (see recipe).

YUCATAN HABANERO HOT SAUCE

SERVES MANY!

INGREDIENTS

- 1 tbsp vegetable oil
- 150g carrots, chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 5 habanero chillies (or Scotch bonnets), stalks removed
- 125ml water
- 65ml lime juice
- 65ml white wine vinegar
- 2 tsp salt

METHOD

Heat the oil in a saucepan set over medium heat, and add the carrots, onion, and garlic. Cook for about 5 minutes until soft, stirring occasionally. Transfer to a blender and add the whole habanero chillies, water, lime juice, vinegar and salt. Blend until smooth. Transfer to sterilised glass jar to store.

Recipe courtesy of Sara deRuiter at The Diplomat Hotel, Merida thediplomatmerida.com





Eleanor Ross presents a selection of inspired ideas for where to head for an altogether different Easter feast

Easter's a great time to go away - the weather is clement worldwide and it also brings with it the opportunity to experience a variety of different cultures first-hand. Your vacation could include watching a procession of be-robed participants beat drums through the centre of Seville or nursing an incense-infused hangover in Moscow. Consider these alternative experiences for your bank holiday weekend...

Written by **Eleanor Ross**Photography courtesy of **Alice Griffiths**



"Seville is one of the most spectacular places to catch Semana Santa, the week-long commemoration of Christ's death before Easter"

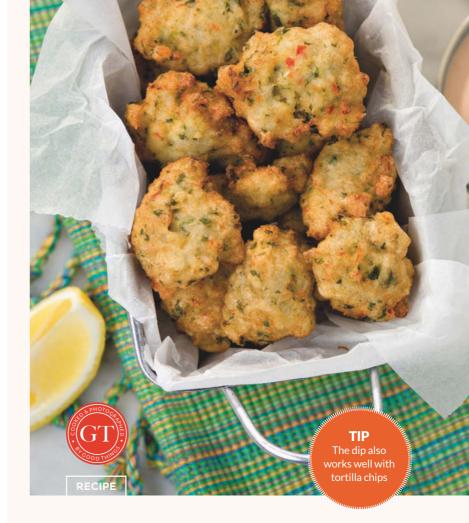


RIO DE JANEIRO

The weather is pleasant, the beaches dazzling white, and the restaurants busy - but Rio's Easter celebrations are worth the trip alone if you want to feel the true energy and culture of Brazil. A Roman Catholic country, the celebrations are not unlike those in Spain or Portugal, save for the fact that Brazilians like to take the entire week off work and visit the beach with their families.

Brazil wouldn't be Brazil if there wasn't an excuse for a party. If you're there before Easter, the celebrations on Shrove Tuesday to kick-start the Easter fasting period off are all about dressing up in very bright, very big clothes and participating in parades often held on the back of lorries. Head to the Marques de Sapucai Avenue, also known as 'Samba Avenue', to see some spectacular organised carnivals and 'bandas' (people who roam the streets singing and dancing to entertain the city's inhabitants).

The Catholic holy week starts in full swing on Palm Sunday when locals from churches spread palms on the floor in imitation of Christ's arrival into Jerusalem. The palms are blessed, then taken home and prominently displayed. As in Seville, fish is generally eaten, with salt cod (bacalhau) a firm favourite.



SALT COD FRITTERS WITH PIRI-PIRI DIP

SERVES: 4-6

INGREDIENTS

FOR THE PIRI-PIRI DIP

- 200g Rachel's Greek Style Natural Yogurt
- 1 tbsp piri-piri sauce
- paprika, to serve

FOR THE FRITTERS:

- 1 shallot
- 2 cloves garlic
- 1 green Scotch bonnet chilli
- 1 red chilli, deseeded
- 80g fresh coriander
- 30g fresh thyme
- salt and pepper, to taste
- ½ tsp ginger purée
- 100g cooked prawns
- 250g salt cod fillets, soaked, rinsed and flaked (or use fresh cod)
- 180g plain flour
- 3 eggs
- 100g Rachel's Greek Style Natural Yogurt
- 100ml sparkling water, iced or very cold
- vegetable oil, for deep-frying

METHOD

For the the piri-piri dip, mix together the yogurt and piri-piri sauce until smooth and glossy. Pour into a serving dish and chill until required.

For the fritters, pulse the shallot, garlic, chillies, fresh herbs, salt and pepper and ginger in a food processor to a coarse paste. Scoop into a bowl and set aside.

Pulse together the cooked prawns and salt cod. Add the mixture to the reserves paste and mix well

Place the flour in a mixing bowl and and make a well in the centre. Add the eggs, yogurt and sparkling water and whisk to a smooth batter. Pour it over the fish mixture and stir well.

In a large deep saucepan, heat 1 inch of vegetable oil until very hot.

Working in batches, take tablespoons of the batter and fry for 1-2 minutes, until golden all over. Drain on kitchen towel to remove excess oil. Transfer to a platter

Sprinkle the chilled piri-piri dip with paprika and serve with the fritters.

Recipe courtesy of Rachel's Organic rachelsorganic.co.uk



ARROZ CON LECHE – SWEET FRUITY PAELLA

SERVES: 4

INGREDIENTS

- 250g Spanish paella rice
- 1 large cinnamon stick
- 1 orange, zest only
- 1l water
- 500ml semi-skimmed milk
- 1 vanilla pod, split and deseeded
- 1 small can condensed milk
- 1 red apple, grated
- 1 egg, beaten

TO SERVE:

- 50g cranberries
- 40g hazelnuts, toasted and chopped
- 1 tbsp demerara sugar
- 3-4 ginger nut biscuits, crumbled
- 2 fresh figs, quartered (optional)

METHOD

In the pan you'll use to cook the pudding, soak the rice, cinnamon stick and half of the orange zest in the water for $30\,\mathrm{minutes}$.

Place the pan over medium-high heat, and bring to a rolling boil. Stir a few times, then switch the heat to medium-low and cook for 10 minutes or until the water has been totally absorbed. Remove from the heat.

In a separate bowl, whisk the milk, vanilla pod, condensed milk and grated apple into the beaten egg and stir well. Place the pan back over a medium-low heat and stir in the egg mixture.

Stand over the saucepan for the next 20 minutes, stirring constantly until it thickens to a creamy sauce consistency. After 10 minutes, remove the cinnamon and vanilla pod.

After 20 minutes, the rice should be cooked with a little bite. Remove from the heat and stir in the cranberries, then spoon into serving bowls. Sprinkle with the hazelnuts, sugar, biscuits and remaining orange zest (plus a little juice if liked). Add figs, if using, and serve.

Recipe courtesy of Antony Bennett, executive chef at La Tasca latasca.com

SEVILLE

At night you think you've stepped into a strange historical film set - white-robed men with masks and pointy tall hats proceed through the streets of the city. This is Semana Santa, where the crowds are dense: many are reaching out to kiss the floats with life size models of Jesus that are brought out of the churches and paraded through the streets each night.

Old women brush away tears in their eyes as they think about His death on the cross, while the solemn processions are followed by large meals eaten along the streets and frivolous parties, with grandmothers and babies staying up until 3am dancing and singing. Seville is one of the most spectacular places to catch Semana Santa, the week-long commemoration of Christ's death before Easter. The participants have often pledged allegiance to one of the city's fifty two religious brotherhoods, and will start off in the morning from their church and will return in the evening.

After a solemn Thursday, Good Friday is the climax of these processions - the floats and dances start at midnight and travel through the city streets where they arrive at the cathedral just as dawn is breaking. Join the locals feasting - only fish and vegetables are eaten during this period - when the parades end. Specialities include garbanzos (a spiced chickpea dish), and cod with chickpeas, a traditional Andalusian stew.

MOSCOW

With quiet streets (everyone's at home), Easter is the perfect time to visit Moscow. The snow is considering whether or not to thaw, and the light still has that startlingly bright quality to it that reminds you April in Russia is really still winter. Once you've photographed a slightly emptier red square, pay a visit to a church on the Saturday night before Easter - the service is Orthodox and lasts all night. Incense is pumped out in vast quantities by priests and the next day Russian families exchange kulik or paska cakes that are available in bakeries all over the city.

These cakes are creamy, towering monstrosities, made of ingredients forbidden during Lent like cream cheese. The paska cake has the letters XB piped onto it, which is an abbreviation of the words 'Christ has risen' on it. So, as well as being a decadent cake, you're also eating it to celebrate Jesus' return to life.

Burn off the cake calories with a walk around old Moscow - the Patriarch's Bridge is a nippy place to loiter but it's worth it for the staggering views of the Kremlin. The bridge links the Kremlin to the Krasny Oktyabr, a former chocolate factory but now painfully-modish gallery and exhibition space.



One of the highlights of visiting Moscow at Easter experiencing one of its biggest annual cultural extravaganzas - the Moscow Easter Festival. It's one of the largest cultural festivals in Europe, originally founded by the director of the Mariinsky Theatre Valery Giergev in 2002 - it features concerts and shows by the Bolshoi, Mariinsky, various choral societies, and orchestras. The shows span the lengths and breadth of Russia, and in 2014 it the Easter festival spread from St. Petersburg to Vladivostok: a truly Russian undertaking.

JERUSALEM

If you want a dose of heavy religious piety and crowds throngs with sobbing nuns and cross waving priests, then a trip to Jerusalem at Easter is a must. The ancient city starts filling up several weeks before Good Friday, but it isn't an overwhelming time for the casual observer. Thanks to the hundreds of different branches of faith, different Christian sects focus on different churches to lavish their attention on.

For most, however, it is the church of the Holy Sepulchre, built on the site of Jesus' crucifixion that the pilgrims find most holy. The processions are staggering to watch: thousands stream along Via Dolorosa to pray at the stations of the cross. Flames flicker from the tapers and oil lamps carried by the procession and the solemn chanting is an eerie sight.

If you want to a great vantage point of the celebrations, then head to the Mount of Olives on Palm Sunday to watch pilgrims stream down the hill. They carry Palm fronds and sing hymns to re-enact Jesus' triumphal entry into the city.

Breaking the Lenten fast of fish and vegetables only happens on Easter Sunday, traditionally with lamb. For a sweeter snack, try Shawar's Bakery for some sesame cookies to munch on traditional sweet bread with depictions of Easter eggs painted on them.

ISRAELS'S SNACKS

ALMOND MILK

Available to take away from many street stalls in Jerusalem's Old City, where the nuts are pressed to make a fragrant, delicious street snack.

FALAFEL

The mother of all Israeli food, pick up a falafel pitta pocket pretty much anywhere across the city. Stuffed with tomatoes, olives, hummus, spicy pepper sauce and diced cucumber, this cheap dish is a hearty meal in itself. Falafel Shalom is one of the best in the city.

BUREKAS

Found across the Middle East, these pastry parcels are wonderfully versatile, stuffed with meat, cheese, or spinach. They're like pasties, making them versatile carry-around snacks.

SABICH

Basically an egg, aubergine, salad, and cooked potatoes all stuffed into a pita for the sort of snack that will require you to take a nap afterwards.



HUMMUS

SERVES: 8

INGREDIENTS

- 200g dried chickpeas, soaked overnight (or 2×400 g tins of chickpeas)
- 1 tbsp tahini
- 2 cloves garlic, chopped or crushed
- 1 lemon, juice only
- 1 tsp ground cumin
- salt and pepper, to taste

TO SERVE:

- pine nuts (optional)

- olive oil
- paprika

Recipe courtesy of Uri Bram

METHOD

Rinse the chickpeas, place in a pan, cover with water, bring to the boil, and simmer for about 1 hour or until the pulses are soft (if using tinned, simmer for just 5 minutes).

Pour away some of the water so that the water level is about half the height of the chickpeas in the pan. Add the tahini, garlic, and and lemon juice.

Using a blender or food processer, blend the ingredients to yield a smooth paste. Add more water or tahini to achieve the preferred consistency. Add the ground cumin, season to taste, and mix well.

To serve, transfer to a large bowl, flatten out a 'crater' in the middle and pour on some olive oil. Sprinkle with paprika and pine nuts, if using. Serve whilst warm.

Tip: Leftovers will keep for up to 3 days in the fridge.



MIND YOUR MANNERS: RUSSIAN CUISINE

As Easter approaches, Douglas Blyde details how Russian dining etiquette is as intricate as an ornate Fabergé egg

Written by Douglas Blyde

One month into World War Two, Churchill declared Russia as 'a riddle wrapped in a mystery inside an enigma'. Despite the national proverb that 'teeth are all friends among each other, the world's largest - and arguably most misunderstood - country has a cuisine formed of two utterly unequal parts. While hearty, cosy, comforting fare is formed for surviving the elongated winters, with fewer fruits or vegetables to the fore than other cultures given the short growing season, a percentage of inhabitants have also enjoyed the until recently embargoed top imports from Europe alongside thousands of roubles per gram caviars of home; the latter rinsed with super-premium boutique vodkas. Come mid-April, little typifies the notion of divide between man-on-the-street and oligarch-in-high-tower more than the Easter egg, which is taken particularly seriously by Russians. Moulded, gaudily-packaged chocolate versions contrast the few famous antique examples once crafted by St. Petersburg jeweller to the Tsars, Fabergé...

THRESHOLD ETIQUETTE

Always take off shoes when visiting someone's home in favour of slippers or brothel-creepers. Woe betide the confident who shakes hands across the threshold, an act thought to bring bad luck. If you are on friendly enough terms to greet your host with an embrace, kiss quickly - three times (twice on the left cheek, once on the right).

TOASTING

Despite the BBC-quoted figure claiming five million alcoholics in Russia, century-old newspaper Pravda prefers to make a more positive claim: 'Russians really differ from Europeans in terms of their genetic makeup that codifies the ferments which oxidize alcohol.' For said Europeans, take note: the more you imbibe, the more you will be topped-up. While harnessing a few words of Russian for politeness and keeping eye contact, ensure you propose a positive, toast to your host mid-meal. An acceptable line is, 'Na zdoroviya!' (to your health) followed by a dash of vodka distillate. Pravda also suggests a hangover cure: 'a glass or two of sour cabbage or pickled cucumber in brine.'

KEEPING UP APPEARANCES

Dress in a couth, understated fashion when at table to obliterate any references to drab Soviet-era identikit work garb.

SELF-DISCIPLINE VS. SELF-INDULGENCE

Exercise restraint. The small plate is for the long procession of colourful 'zakuski' (hors d'oeuvres) pre-meal-proper. While extremely enticing, leave space for the meal's ensuing main acts.

BREAKING BREAD

Wastefulness is considered sinful in Russia, so eat all the kvass (rye) or black bread that you take. This is usually served without butter or plate, and can prove a perfect way to soaking-up aforementioned vodka.

PASS THE PELMENY

Help others first, passing dishes to your left. Leave a little on your plate or prepare to see it heaped anew.

TIPPING

The tip today is often within a venue's price – otherwise leave ten percent, if warranted.

A DOZEN RED ROSES?

Never be-gift your host with a present of greater value then they cannot afford to reciprocate. And, if bringing flowers, unless attending a funeral these must come in odd numbers. A dominance of red blooms is preferable to yellow (symbolising separation). But be wary of red carnations - a symbol of war, which itself is probably best left unmentioned at any dining table...

'Приятного аппетита!' ('Priyatnova Appetita!') Enjoy your meal!

DESTINATION DINNERS

- Zakuski (закуски) hors d'oeuvres
- Kasha (каша) oat or buckwheat porridge
- Blini (блины) pancakes, usually thin, often topped with beloved-to-Russians sour cream and even ykra (икра) caviar
- Beef stroganoff (бефстроганов)
- Knish (книшь), kalduny (калдуни) and pelmeny (племени) dumplings
- Kvass (квас) black or rye bread
- Soups (супы) including the brightly-coloured beetrootbased borscht (борщ)
- Shashlik (шашлык) kebabs
- Lymonnyk (лимонник) lemon dessert, or raspberry cream vatrushka (вотрушка) tart





INSIDER EYE

Moscow's fast food restaurants often offer wholesome food for as little as 300 roubles (£3) according to Russian culture expert, Imogen Jones. She also advises that on account of Russia's collective lack of sweet tooth, 'you may lose weight going there,' despite the profusion of savoury options lavished on visitors.

DESTINATION DINNERS

Meticulously conceived to resemble an old-fashioned living room, Mari Vanna is owned by Moscow-based Ginza Project which operates over a hundred restaurants including forty sushi-cafes in Moscow. The Knightsbridge version opens midday to midnight daily for lunch, tea and dinner. (marivanna.co.uk

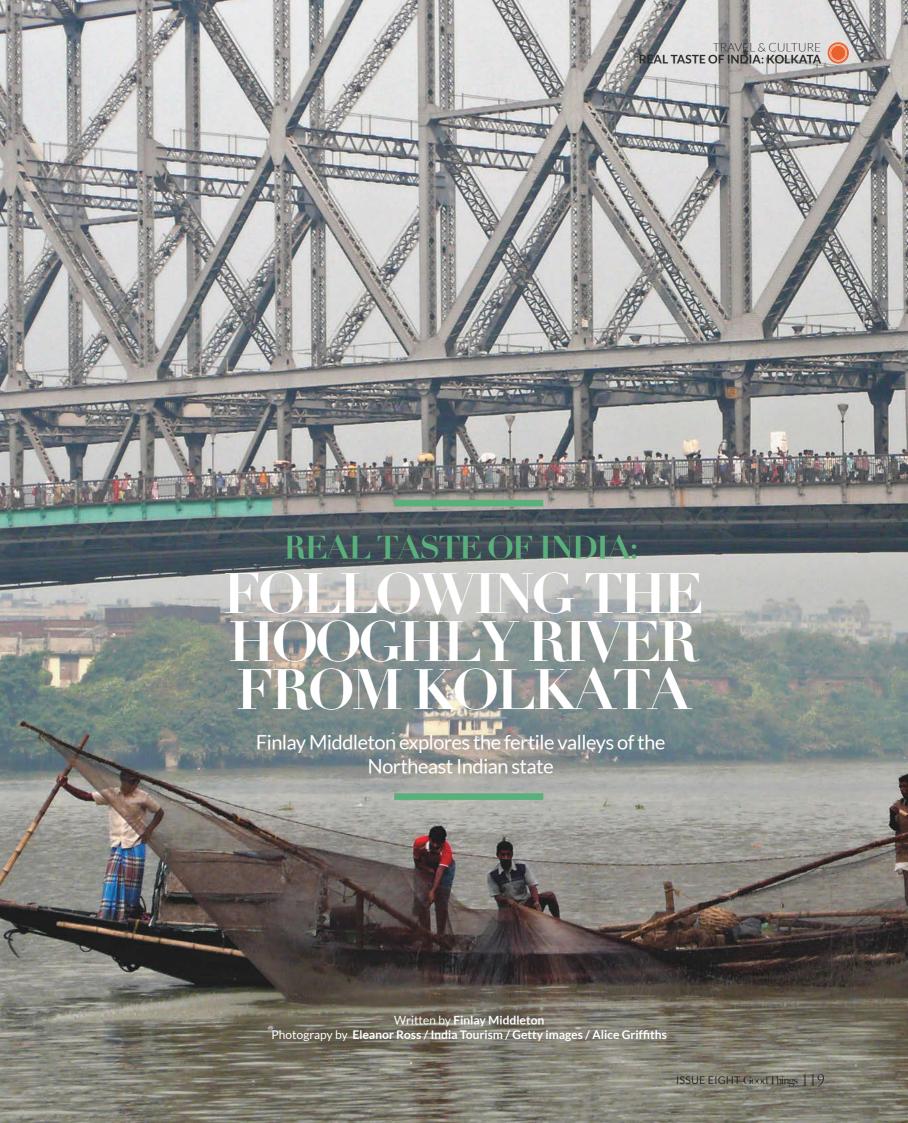
Bob Bob Ricard The Anglo-Russian 'Diner Deluxe' on Soho-Mayfair boundaries offers gentrified Russian staples and delicacies in a glitzy, all-booths environment. 'Press for Champagne' buttons are a must. (bobbobricard.com)

Outside London, St. Petersberg in Manchester delivers, via its 'Tsar's A La Carte', a taste of 'Imperial Russia' from a be-Cossacked team. (russiancuisine.co.uk)





THE REAL TASTE OF INDIA





he Hooghly River isn't yet awake. Flickers of brown light threaten to penetrate the slumbering night, and the clouds haven't parted. The city of Kolkata is stretching: rickshaw engines rev, and a man carrying a briefcase checks his watch as he crosses the road.

And then, almost in an instant comes dawn. The Hooghly, this vast tributary of the Ganges, awakes, turning from black to grey to a rich brown in just thirty minutes. Then the noise arrives: the clattering pans of the street vendors, the honks of the taxis and the growing chatter and shouts of shop-people setting up their stalls.

I bid farewell to the Hooghly to go and find breakfast - this isn't difficult in Kolkata, a city described by many Indians as the gastronomic capital of the country. I head to Balwant Singh's Eating House (10/B, Harish Mukherjee Road, Near Elgin Road Gurudwara, Bhawanipur, Kolkata, West Bengal 700025, India) which has been recommended to me as the place to find the city's best chai by my Kolkatan friend Adam. After queuing up among office workers and hungry students I get my chai, just how I love it: black tea with a mix of subtle Indian spices. It's zingy, but still gives my stomach a little hug - the perfect start for my trip up the Ganges from Kolkata to Murshidabad, where the Hooghly becomes the holy Ganga. I soak it up with a hot aloo paneer paratha and get ready to start my journey upriver.

I planned to join a ship heading upriver later that evening, so exploring the city's colonial buildings was today's priority

- after all, until 1911 Kolkata was the capital of British administration in India. It's not an easy city to walk around, but equally, despite the country's recent bad press it's one I'm comfortable walking unaccompanied. There is poverty: street children are just as numerous in Kolkata as they are in Mumbai, let down by an ailing welfare system and overpopulation. The bright saris of old women, buckled over, arms outstretched for alms, illuminate the brown, grey, and white stones of the old colonial buildings: the HQ of the East India Trading Company, the Treasury Building, the High Court, the administrative buildings along Old Post Office Street. Then finally, the jewel in the crown of Kolkata's architecture: Raj Bhavan, the former government house modelled on Derbyshire's Kedleston Hall, that was regarded as so decadent, and such a waste of British money that the governor Charles Wellesley was ordered home in disgrace.

I board the waiting boat just after Bally Bridge late that evening and by dawn, the boat has docked at Kalna. My guide, David, takes my arm and hustles me into a rickshaw - he insists we head to see the temples before the sun rises properly and it becomes too busy.

'Kalna is known as the temple city because there are one hundred and eight Shiva temples. It's even named after a goddess, Kali Maa Ambrika - it's a holy town, and it gives me great pleasure to visit.'

There are so many temples that, if you're not a spiritual person, temple fatigue can set in. The terracotta temples



date from the eighteenth century, built in a style that Anush describes as 'aatchala'. The Shiva temples are staggeringly numerous - each temple has a different feature, whether that's terracotta sculptures or erotic scenes from the Ramayana and Mahabharata hung on the walls.

That afternoon, I take a book up to the top deck and drink iced lemonade. On the other side of the river a woman beats out her washing in the murky brown water. Beside her, a small boy strips off and dives in, cooling off in the muddy water. The boat's engine shudders. We leave the boy delightedly playing in the boat's wake as the barge heads upstream towards Matiari, where the boat berths overnight. It's a small village, famous for brass work - on deck late in the evening you can hear the lone beat of a brass worker in the distance.

The next morning I head into Matiari with David – it turns out to be one of the most rural and surprising places I've ever been. Men wearing blue shirts crouch on the dirt roads with teetering stacks of brass pots next to them. Everybody, from the children rubbing the brass with their dusty aprons, to the women with their nose studs and chisels seems to be involved in the brass making process. It is a challenging place: I appreciate the quality of the architecture, but I wonder how much these bowls are sold for downriver in Kolkata and how much these craftspeople get in return.

My final stop on this trip is in Murshidabad. Last night we passed Plassey, where the British general Sir Robert Clive fought and defeated Nawab Siraj-ud-daulah, the battle that



"The Hooghly, this vast tributary of the Ganges, awakes, turning from black to grey to a rich brown in just thirty minutes. Then the noise arrives..."

altered India forever. Murshidabad consolidates the British feeling of this corner of India. I wasn't expecting to stumble upon the Georgian-style facade of Hazarduari Palace on my trip to the subcontinent. But there it was: a neo-classical doric-columned piece of architectural splendour which wouldn't look out of place in Windsor. Built by British architect Duncan Macleod the palace has a thousand fake and real doors and feels bizarrely out of place in this corner of rural India. The Katra mosque juxtaposes the palace in Murshidabad, and after all the temples it was a pleasure to visit a monument to a different religion.

Forget minarets, the Katra Mosque looks more like a fortress, complete with window holes for musketry. It's surrounded by double story cells for studying the Qu'ran, and it's a shady, cool place to stand in the heat of the day. In the eighteenth Century, seven hundred Qu'ran readers lived in the mosque, but it was built to accommodate up to two thousand Namaz readers.

A three-hundred mile journey with three religions, clustered around this holy branch of the Ganges, replenishing the soul on the long trip upstream.



ALOO KI TARKARI: POTATO CURRY

SERVES: 2

INGREDIENTS

- 1 tbsp vegetable oil
- 1-2 tsp cumin seeds
- 1-2 tsp kalonji (black onion seeds)
- 1 red chilli, chopped
- 2 or 3 medium potatoes, quartered and sliced
- ½ tsp amchur (dried mango powder)
- 1 tomato, chopped
- handful fresh coriander, chopped
- 1 green chilli
- salt, to taste

METHOD

Heat the oil in a saucepan set over medium heat. Add the cumin seeds and toss until they pop but don't burn them. Add the kalonji and red chilli and toss briefly.

Add the sliced potato, and toss in the oil mixture. Cover with water. Add the amchur, tomato, coriander, green chilli and salt, then cover and simmer until the potatoes are soft and thoroughly cooked - breaking up enough to thicken the dish so it resembles runny mashed potato with slices of potato still visible.

 $Recipe\ courtesy\ of\ Zumbura\ restaurant\ zumbura.com$



- 2 tbsp plus 2 tsp water

FOR THE FILLING:

- ½ a medium onion. finely chopped
- 90g cabbage, finely grated and squeezed of excess water
- 1/2 a small carrot, finely grated and squeezed of excess water
- small handful of frozen peas, defrosted
- 3 tbsp red pepper, finely chopped
- 3 fine green beans, finely sliced
- 9g ginger, peeled and finely chopped
- 2 cloves garlic, peeled and finely grated
- 1½ tsp soft butter
- salt and pepper, to taste

Anjum Anand recipe adapted from 'Kenwood Around the World in 80 Plates

that the dough is smooth and soft. Halve it and roll each piece into a long rope. Pinch of equal portions to yield 7-8 pieces from each rope. Roll each portion into a smooth ball and cover with a damp tea towel whilst you prepare the filling.

For the filling, mix together all the ingredients. Taste and adjust seasoning. Place a double boiler on the hob with 2-3 inches of water in the base. Oil the base where you will place the momos.

Taking one dough ball at a time, roll out on a lightly-floured surface into a thin 2½-3-inch circle. Place a generous teaspoonful of the filling in the centre, keeping it away from the edges. Take the momo in one hand and use your thumb and forefinger to enclose the filling by gathering the edges of the dough and pleating them.

Place directly on the oiled rack, seamside up, and repeat with the remaining momos. Close the steamer lid and steam for 12 minutes, or until the dough is no longer sticky. Serve hot, with chutney (see recipe).

Tip: You can also steam the momos in bamboo baskets or another type of steamer.

CHILLI, GINGER AND TOMATO CHUTNEY

SERVES: 1

INGREDIENTS

- 1 tbsp vegetable oil
- 3 cloves garlic, peeled and roughly chopped
- 20-24g ginger, 18g roughly chopped and the rest very finely chopped
- 1-2 green chillies
- 2 large tomatoes, roughly chopped
- salt, to taste
- 1 tbsp chopped fresh coriander

METHOD

Heat the oil in a small saucepan over medium heat, and add garlic, roughly chopped ginger', and the green chilli. Sauté until the garlic is beginning to colour.

Add the tomatoes and salt, cover the pan, and cook down until the moisture has evaporated and the tomatoes are darkening and have cooked. Adding some boiled water and coarsely blend.

Add the remaining ginger and the coriander. Taste and adjust the seasoning and add more chilli if desired. It should be loose but not watery; hot and gingery and slightly salty.

Anjum Anand recipe adapted from 'Kenwood Around the World in 80 Plates'





MALAYSIA

The land of fusion food. With influences from India, China, Portugal and Thailand, Malaysian food uses spices and techniques that will stimulate even the most hardened tastebuds. As well as chowing down on known classics like nasi goreng, and the northern dish of nasi landar, the tour will explore the roots of Nyonya cuisine the length of this narrow peninsular nation. Graze street food in foodie-heaven Penang (known for its standout Indian food - try the crispy, fresh samosas flash fried on street stalls across the city) and sup tea making the most of the cool air of the Cameron Highlands, curiously populated with half-timbered, Tudor-style houses.

ITALY

The tumbling pastel-coloured hillside villages of the Cinque Terre invite you to explore and hike along the craggy sea paths while building up an appetite for dinner. Remarkably inaccessible, try taking the boat to visit Sestri Levante stopping in the villages of Vernazza, Manarola and Monterosso to gasp at the views and soak up the atmosphere in these quiet rural villages. This is a vacation inspired by the truffle: hunt for truffles with a local farmer and his dog, combing the Ligurian countryside for these delicacies. Finally visit Genoa, birthplace of Christopher Columbus, and take part in a cookery class in one of the city's Palazzos. Traditional recipes include pesto with walnut sauce, a light, fragrant dish with plenty of kick from the shaved truffle, fresh from your hunt.

IRELAND

With its infamously heavy rain and rolling, verdant hills, Ireland is known for its produce. Home to the world renowned Ballymaloe cookery school, this four-day excursion will include a hands-on cookery demonstration at the school (plus dinner), complete with a trip to the Cork Butter Museum and the Hederman smokehouse, where Ireland's fabulous seafood is prepped. Round off your stay at Aherne's award-winning seafood restaurant for a taste of the Atlantic Ocean's freshest catch.



MARINI'S ON 57

Located on the 57th floor of the Petronas towers, this Italian fusion restaurant has stunning views over the whole of the capital. With floor-to-ceiling windows, it's a great place to eat spaghetti and watch the tropical thunderstorms that hit the city throughout the year.

CELESTIAL, KL

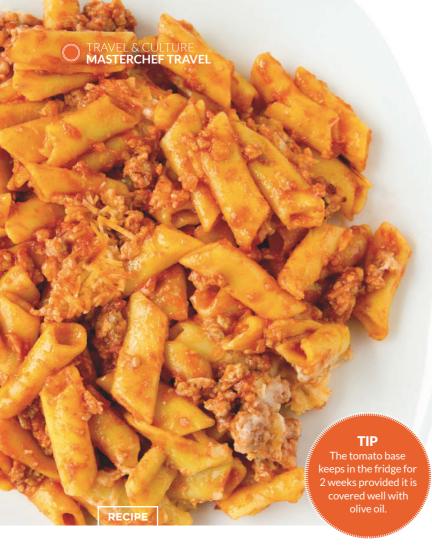
It serves halal Cantonese food in a stunning location: inside the Sheraton Imperial hotel, with a great view of KL's nightlife across the road. Expect perfectly-cooked prawns and tender honey-spiced lamb: the perfect venue to impress.

BINJAN

Traditional Malaysian food isn't seen as very high end: there's often more focus on foreign fare. But Binjan is an attempt by the owners to serve 'the next best thing to home cooking', with traditional kampang dishes.

INDIA: JEWELS OF THE GOLDEN TRIANGLE

However good your cookery skills are, replicating a deliciously-fragrant Indian curry from your holiday is always a challenge. Which is why you need a proper Indian family showing you how it's done - thankfully, this tour schedules in just such a cooking taster session! After exploring the hot, pink city of Jaipur, and getting lost in a warren of spice markets there, sip a refreshing drink on the verandah of the Rambagh Palace and watch the sun set in warm tones over the city. In Delhi, spend your time browsing the Chadni Chowk area, home to some incredible street hawker stalls like creamy kulfi and syrupy gulab jamun in the shadow of the striking sandstone Qutb Minar and tomb of the last Mughal emperor.



ZITI ALLA CARBONARA **TIROLESE**

SERVES: 4

INGREDIENTS

FOR THE TOMATO BASE:

- 30ml extra virgin olive oil
- 2 medium shallots, finely chopped
- 1 x 400g tin tomatoes
- salt, to taste

FOR THE SAUCE:

- 30g butter
- 100g ½ cm-thick-cut speck, finely diced
- 200ml single cream
- 200g tomato base (see above) 2 eggs, hard-boiled, peeled, and
- 1 tbsp finely chopped parsley
- salt and pepper, to taste

roughly crumbled

FOR THE PASTA:

320g dried penne ziti pasta

TO SERVE:

- 50g parmesan or Grana Padano, grated
- pepper, to taste

METHOD

For the tomato base, heat the olive oil in a frying pan over medium heat and sauté the shallots. Add the tomatoes and a generous pinch of salt and simmer for at least 40 minutes, until jammy and reduced to at least half its volume. Store under oil if not using immediately.

For the sauce, heat the butter in a pan set over medium heat and sauté the speck until well rendered. Add the cream and tomato base and stir until warmed through. When the sauce is barely simmering, add the crumbled $\,$ eggs and parsley. Season well with salt and black pepper to taste.

Meanwhile, cook the pasta to al dente in plenty of well-salted water. Drain, reserving a little cooking water to thin the sauce as required. Mix the pasta with the sauce, add grated cheese and pepper to taste, and serve.

Recipe courtesy of Sara Danesin Medio, finalist on Masterchef 2011



BEETROOT AND GOAT'S CHEESE SAMOSAS

SERVES: 8

INGREDIENTS

- 8 baby beetroot, washed, boiled for 25 minutes, and peeled
- 200g goat's cheese
- 5 chives, chopped salt and pepper, to taste
- 2 sheets spring roll or samosa pastry
- 1 egg, beaten
- oil, for deep-frying

METHOD

Place the boiled, peeled beetroots in a food processor with the goat's cheese, chives, salt and pepper and blend to a rough texture.

For the samosas, cut each spring roll pastry sheet into 3 equal parts. Fold over one corner of a strip so that the edge meets the other side. Fill the pocket with the beetroot mixture and continue to fold until the filling is completely sealed.

Brush the last edge with the beaten egg and seal. Repeat with the rest of the pastry and filling. Fill a deep pot with oil for deep-frying and heat to 170C.

Deep-fry the samosas for 3–5 minutes until golden and crisp. Drain on paper towels and serve with crisp vegetables and mayonnaise with chopped chives.

Recipe courtesy of MasterChef

You didn't know of us yesterday...



What about today? totally fuddel

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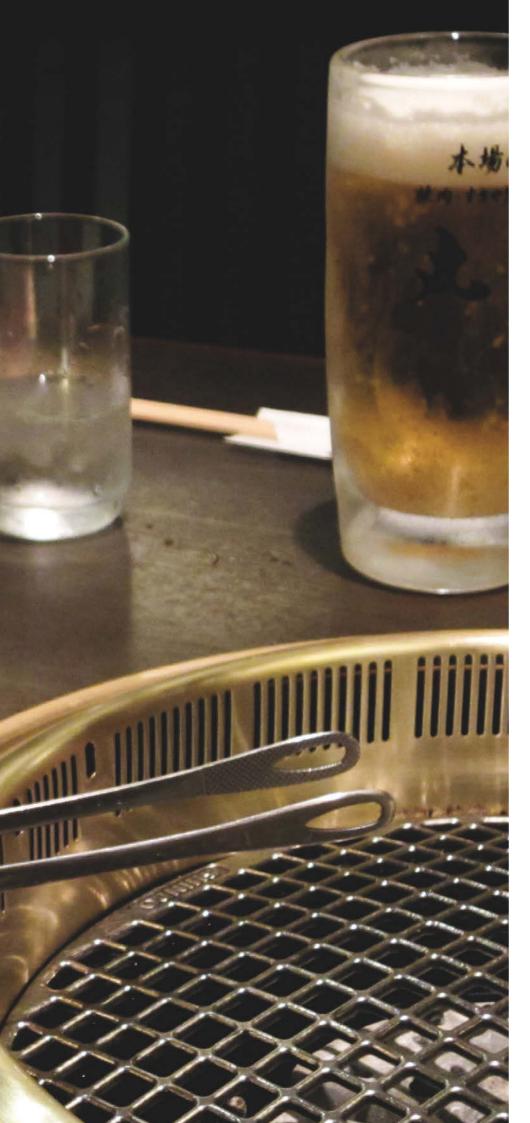




FOOD & DRINK INJAPAN

Written by **Kavita Favelle**Photography by **Kavita Favelle and Getty Images**

There's more to eating in Japan than sushi, tempura and teriyaki. Kavita Favelle unravels the intricacies of the Eastern cuisine



AMAZAKE

You're likely familiar with sake – a Japanese alcohol made by fermenting rice. Amazake is a sweet drink traditionally made by monks and nuns from leftover sake lees and once served to weary travellers making pilgrimages to shrines and temples. Although often referred to as non-alcoholic, be aware that some recipes are mildly alcoholic. Amazake can be enjoyed thick and hot, with fresh grated ginger to stir in to taste, or order it cold with ice. Naturally sweet – the fermentation of rice breaks carbohydrates down into sugars – it has a delicious, fruity flavour.

EKIBEN

Bento are the convenience food of Japan – home-made or shop-bought meals in a box, often divided into compartments to separate protein, rice, pickles and vegetables. Ekiben are a hugely popular subset, sold at train stations (eki) to be eaten on the journey or at your destination. Many ekiben stores offer regional specialities and you may also find beautiful and unusual box designs.

NABEMONO

Often abbreviated to 'nabe', nabemono are the ultimate one-pot meals. Stews of meat, seafood, vegetables and mushrooms are traditionally cooked in shallow clay or cast iron pots. Popular for communal meals, the stock pot is served to the table alongside raw ingredients which diners cook themselves in the broth. Lighter stocks are favoured for tofu, fish, chicken and vegetables, with dipping sauces provided for extra flavour. Rich stocks – with soy, miso or dashi – flavour the food as it cooks; look for shabu shabu and sukiyaki on the menu – the first is savoury, the second sweet.

NOODLES

One of the pleasures of a trip to Japan is seeking out specialist restaurants that serve just one thing, made with enormous care and skill. This is especially true when it comes to noodles. Ramen are thin, firm wheat noodles made with kansui (alkaline water); where kansui is not available, egg is sometimes added to give the traditional yellow colour. Like the soup they are traditionally served in, ramen noodles vary regionally in shape and length.

Common soup stocks include shio (pale and salty), tonkotsu (cloudy white pork bone), shoyu (soy based) and miso. Soba noodles are made from buckwheat flour which gives them a distinctive brown colour. Served with or without a broth, hot or cold; in summer, cold soba with a dipping sauce is particularly popular. Udon noodles, made from wheat flour; are thick and white with a distinctive chewy texture. Like soba, they are served with or without a broth, hot or cold. Somen are a thinner version, stretched during making. In summer, nagashi-s men restaurants serve customers by way of bamboo flumes of cold running water; customers pluck noodles from the water, dipping them in tsuyu sauce (bonito flakes, kombu and soy). If you like Chinese stir-fried noodles, look for yakisoba. The name is a misnomer - wheat flour rather than soba noodles are typically fried with a few vegetables in a thick, savoury sauce.

OKONOMIYAKI

Translating to 'what you like, grilled' okonomiyaki is sometimes described as a pancake, sometimes as a pizza – it's difficult to pin down as there's nothing quite like it in European cuisine. A large thick fritter cooked on a hot plate, often in front of or by the diners, it consists of shredded cabbage mixed into batter with ingredients such as pork, seafood and vegetables added. Once ready, the fritter is topped with bonito flakes and generous zig-zags of mayonnaise and a thick brown sauce that is sweet, sharp and tangy. Regional variations abound across Japan; Kansai style, described here, is the most prevalent but Hiroshima style, with noodles, is also popular.

TAKOYAKI

This ball-shaped Japanese street food originated less than a hundred years ago in Osaka, though it can be found all over the country. A wheat flour batter is cooked in special takoyaki pans; do make time to watch a skilful vendor deftly ply the batter, drop in a filling of octopus and form a spherical shell of batter around it. Best enjoyed hot and fresh topped with laver (seaweed), bonito flakes and takoyaki brown sauce.

TONKATSU

In Japan, foods are classified into washoku (traditional Japanese) and yoshoku (western food); in reality, Japanese versions are seldom faithful copycats of western inspirations. Tonkatsu – breaded, deep-fried pork – resembles the Austrian-German schnitzels, French escalopes and Italian scalopines from which it descended, but Japanese panko (breadcrumbs) are lighter and crisper and most restaurants offer a choice of hire (lean fillet) or

rosu (fattier loin). Usually served with shredded cabbage, freshly ground sesame seeds and tonkatsu sauce (a Japanese version of Worcestershire sauce); also popular are katsu kare raisu (a phonetic representation of English), where cabbage and sesame are replaced with Japanese curry sauce and rice, and katsu sando – katsu in a sandwich.

TOFU

Made by coagulating soy milk then straining and pressing the resulting curd, tofu originated in China two millennia ago and spread to neighbouring East Asian countries in the centuries to follow. In Japan, it became an important source of protein for Buddhist vegetarians and an integral part of the culinary landscape. Specialist restaurants serve an array of delicious dishes based around its subtle flavours and textures; look for yudofu, a nabe dish in which fresh tofu is simmered in dashi stock. Another favourite is yuba, the layer of skin that forms, custard-like, on soy milk as it is simmered to make tofu. Carefully lifted away from the liquid, fresh yuba is a treat served simply with a splash of soy.

WAGASHI

Wagashi is the banner name for traditional Japanese confectionery, much of which centres on the use of mochi, a glutinous dough made with rice flour. Typical flavourings and fillings include anko (sweet azuki bean paste), black sesame, matcha, sakura (cherry blossom), imo (sweet potato) and a variety of fruits. These same flavours are also widely used in Japanese takes on European-style patisseries. For traditional wagashi, seek out warabi-mochi, sweet dumplings made from bracken fern starch and coated with nutty-tasting kinako (roasted soybean flour) or mitarashi dango, a popular street snack of sweet glutinous mochi dumplings basted in a sweet soy glaze.

YAKINIKU

In China, Taiwan and North America, yakinuku (grilled meat) is often referred to as Japanese barbeque but in Japan, it's very much considered a Korean import. DIY dining at its best, diners gather around a charcoal or wood burner in the centre of the table and cook their own meal, piece by piece and at their own pace. Many specialist restaurants have yakiniku grills built into the tables; clever extractor systems whip away smoke and smells. Others bring portable barbeques to the table, quickly replacing them should the coals die down mid meal. Most commonly, thin slivers of raw meat are ordered according to animal and cut, some served plain and others marinated in a tasty tare (sauce). A selection of sides are available; spicy pickles and Korean dishes being the most popular.





TOP IO MUST-TRY REGIONAL SPECIALITIES

- Kagoshima Prefecture in Kyushu is famous for its high quality kurobuta (black pig) pork, descended from black-skinned Berkshire pigs imported to the area four hundred years ago and kuroushi (black cow), bred locally.
- A must-visit for foodies, Osaka is not only the spiritual home of takoyaki and okonomiyaki, but also the place for DIY kushikatsu, skewers of meat and vegetables dipped in batter and panko and deep-fried at the table.
- An intrinsic part of the Japanese diet, there are umpteen styles of tsukemono (pickles), often specific to a region. Nara, a small town near Kyoto, is famous for narazuke, pungent deep-brown pickles made from daikon (white radish), uri (a type of gourd) and cucumber soaked in sake lees, often for several years.
- Head to Nishinaka Street in Tokyo's Tsukishima district to find a concentration of monjayaki restaurants selling this local variation of okonomiyaki. Made with a thin, runny batter and finely chopped ingredients, it remains sloppy when cooked
- Sweet potatoes are popular throughout Japan; no more so than in Kumamoto. Ikinari dango comprise of sweet potato and anko (sweet azuki bean paste) in a mochi flour wrapper.
- One of the specialities of Okinawa is umibudo, a type of seaweed also known as sea grape or green caviar. Usually served raw in a lightly dressed salad.
- Kochi Prefecture in Shikoku is the main producer of yuzu, a distinctive citrus fruit used throughout Japan in condiments, dressings and garnishes. Citrus lovers should also head to Oita Prefecture in Kyushu, home of the related kabosu citrus.
- If you've heard about melons selling for incredibly high prices, chances are they were Yubari Kings, a much-prized cantaloupe melon cultivar. Farmed in Yūbari, near Sapporo in Hokkaidō, top-grade melons are a popular but expensive gift
- Green tea from Uji near Kyoto is prized throughout Japan and local shops, restaurants and cafes sell both the tea itself and a variety of dishes incorporating it.
- Hiroshima and nearby Miyajima are both great places to sample the oysters farmed in Hiroshima Prefecture. Try them raw, deep-fried, baked or grilled.

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RHUBARB AND CUSTARD

Victoria Glass

Want to learn how to cook or enhance your existing culinary skills in a relaxed, informal environment? Look no further than Honesty Cookery School. Located on the Hampshire Berkshire border, the school's rural setting combined with its small class size (no more than 10 people per class) creates a stress free ambience in which to discover new skills and hone existing ones.

Small class sizes, expert tuition, combined with affordable prices and a variety of courses to suit everyone from beginners to the more experienced cook to children and teens make Honesty Cookery School different. Courses include: Gluten free baking, Sultry sweet dough, One pot cooking, Cheese making, Making friends with fish and courses by country including Italian and Indian.



COOKERY SCHOOL

To view the full range of courses available please visit: www.cookeryschool.honestygroup.co.uk/courses. To book a course, please contact Jill Hamilton on 01635268989 or email info@honestygroup.co.uk. Honesty Cookery School, The Barn, North Sydmonton House, North Sydmonton, Newbury, Berkshire, RG20 4UL





Dining Guide

The restaurant scene is a living, breathing, everevolving entity, and that's why we love it so. This month, we're sharing the new openings that will put a spring in your step this season and reviewing Coya at Guest Editor Alfred Prasad's insistence. Pie eyed? Ahead of National Pie Week, we test the best and present a recipe for a hot water-crusted behemoth. We also explain why black pepper is not to be sneezed at; and nor, indeed, are our host of competition prizes.

GoodThings

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Will Martin explores the new restaurants that will soon become old favourites

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Thomas Hobbs prepares for British Pie Week by digging into the best hot and cold pies on the market

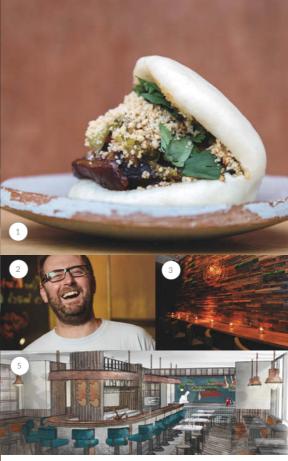
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Our latest lust list – all the luxury foodie finds we're sure you'll want to welcome into your kitchens this month for Saints' Day celebrations, Mother's Day, and in the run-up to Easter

161 COMPETITIONS

Sometimes you can get something for nothing. We're offering you the chance to win some wonderful edibles experiences this month





1. **BAO**

BAO is spearheaded by Erchen Chang, Shing Tat and Wai Ting Chung – a group of Taiwanese foodies whose specific inspiration comes from the Xiao Chi, or 'small eats' restaurants, of their native Taipei.

Shing and Wai grew up in their parent's Chinese restaurants, and have always been looking to stamp their unique take on modern Taiwanese cuisine. Along with Erchen Chang, the restaurant's head chef, the trio have travelled extensively across Taiwan, China and Asia – cooking and eating as they go.

BAO's menu is typical of the recipes found in home kitchens across Taiwan, featuring the eponymous 'bao' as a signature dish – a steamed milk bun. Each bun is handmade by Shing and Erchen daily. As well as bao, you can try speciality dishes like tendon puffs, pig blood cake, lamb tongue fries, or fried chicken marinated in soy milk. You certainly won't get them anywhere else in the city.

The small glass of peanut milk you receive with every dish offers a perfect earthy compliment to the tangy, spiced savours of your food, and can be paired with a generous helping of deep-fried bao ice cream sandwich to cool the lips and soothe the palate.

53 Lexington Street, London W1F 9AS | baolondon.com | T: @bao_London | FB: baolondon

2. JOE'S ORIENTAL DINER

In February, Joe's Oriental Diner opened on the King's Road. Since its opening, it has lived up to its billing as an evocative, Oriental 'dive bar', where people from all walks of life meet to enjoy music and share good times.

Australian chef Scott Hallsworth has brought his version of pan-Asian food to London, staying honest to the bare bones and gritty roots of recipes consumed in the ports of Bangkok, Singapore and Tokyo. Expect your visit to be punctuated with a succession of deliciously explosive dishes; coconut short-rib rendang, slow-cooked red curry duck with lychees; barbequed scallops with tamarind ketchup and sambal. Each plate packs a serious punch, and might leave you gasping for an icy beverage.

It's just as well, then, that thirst-quenching frosted beer tankards called 'frosties' hang from the bar, while a range of Chinatown teapot cocktails promise to set the night alight for even the most alcohol-tolerant drinker of your table.

With its cool atmosphere, Joe's is fast becoming a Chelsea favourite, with an open kitchen, central bar and a secret den upstairs offering plenty of nooks and crannies to hide, drink, and laugh the night away in.

251 King's Road, London SW3 5EL | 0207 920 6443 | joesorientaldiner.com | T: @joeslondon | FB: JoesOrientalLondon

3. ZINNIA

Zinnia is an all-day Japanese fusion restaurant and lounge, set in a stunning Georgian building that has been beautifully redesigned to house a restaurant, bar, and basement lounge.

With cocktails ranging from fiery Japanese whisky and sake numbers to the classics, there's something to blend well with any menu choice. Options range from a mixture of Bento boxes to lighter sharing plates and a range of sushi. Zinnia also boasts the best Asian-inspired teatime goodies in the city, so be sure to order some delectable, freshly-baked pastries, cakes and tarts for later.

The evening a la carte menu features oceanic delights like sushi with ahi tuna and hamachi, Dorset crab, aged sirloin tataki, or miso black cod. If something with a little more substance is in order, opt for a heartier plate like Szechuan glazed pork belly with lotus root, petit pear and ginger. Whichever route you take, you certainly won't be disappointed.

If there's room – and Zinnia's staff strongly recommend that you leave some – desserts are worth the wait. Choose from the fresh, palate-cleansing coconut and mango sphere with mango sorbet and almonds, or jasmine and green tea mousse with white chocolate and yuzu curd. You'll be spoilt for choice.

86 Fulham Road, London SW3 6HR | 0207 052 0052 | zinnia-restaurant.co.uk | T: zinnialondon | FB: zinniarestaurant

4. BEER AND BUNS

Say 'konbanwa' to Broadgate's Beer & Buns, satisfying London's growing desire for Japanese izakaya-style eating and drinking.

Located on Appold Street, Beer & Buns serves pillowsoft hirata steamed buns and the UK's largest selection of Japanese craft beers. Fillings range from pork belly, chicken karaage, and pulled duck leg to – for the veggies – kaki fry vegetable fritters, all arriving with your choice of misos, slaws and chutneys to keep your buns moist. Alternatively, try incredible crispy Korean-style chicken wings – marinated and then triple-fried to crisp perfection.

There's also plenty of Japanese craft beer to whet your appetite. Beer & Buns is one of the few bars in Europe to serve Asahi 'Super Cold' Super Dry draught lager. Served at -2C, Asahi maintains its carbonation for longer, leaving a refreshing barley flavour with a crisp aftertaste. Doesn't tickle your fancy? Something else on the extensive craft beer menu is sure to, or go traditional and sample the sake selection.

Additional entertainment including retro pinball machines and foosball tables, is sure to keep you at East London's new hangout till late. As for the interior, think 'speakeasy meets Japanese dive bar' - black walls sprayed with graffiti, music and chilled-out seating areas.

3 Appold Street, London EC2A 2AF | beerandbuns.co.uk | T: @beer_and_buns

5. TAPAS REVOLUTION

Spanish chef and Omar Allibhoy's third Tapas Revolution takes up residence on Bethnal Green Road – marking the chef's first venue in East London. Joining existing branches in Westfield Shepherds Bush and Bluewater, the latest Tapas Revolution brings a flavour of Spain to Shoreditch in the form of fun, informal dining.

Arriving in London over nine years ago, Omar has lived and worked in Shoreditch for four years. He instantly fell in love with the area, but was disappointed by its lack of authentic tapas bars. His dream was to introduce one of his own to the area and, with the new Tapas Revolution, his vision is realised.

Tapas Revolution's goal is to bring all the best elements of the vibrant Madrilenian tapas scene into a space well-suited for sharing and socialising. The all-day, contemporary diner showcases the produce and flavours Omar is so driven to introduce to Britain; sourcing ingredients from Spain's finest artisans and never overcomplicating dishes with fanciful flourishes. At any and every time of day, food is fresh, vibrant and eye-opening – a top choice for brunch, a quick bite or a leisurely dinner with friends, offering something rather different to other local options.

58 Bethnal Green Rd, London E1 8JW | tapasrevolution.com | T: @ tapasrevolution| FB: tapasrevolutionlondon



estled in the richest part of Piccadilly, amongst the glitz and glamour of Park Lane, Coya is the latest culinary adventure of restaurateur Arjun Waney. Known for his highly successful Japanese restaurant brands, Roka and Zuma; Coya is his first attempt at harnessing the current popularity of Peruvian restaurants in London. It's a big commitment to have set up such a niche cuisine in one of the most expensive parts of town, but as has come to be expected with Waney, it's of the very highest quality.

THE VENUE

In an area that can often feel devoid of any real soul or colour, Coya brings a real sense of determined South American verve to Piccadilly. It might not be inherently obvious from the outside - it's a listed building that would comfortably harbour a five-star hotel - but the interior embodies South American culture well. The pisco bar area is densely-wooded with low lighting, masking the true size of the restaurant that boasts an impressive dining area complete with a ceviche bar and an open charcoal grill.

THE FOOD AND DRINK

Ceviche (marinated and diced raw fish), tiraditos (thinly sliced raw fish) and small skewers of grilled meat

and fish called anticuchos kick-off this wonderfully comprehensive menu, written by ex-Zaika head chef Sanjay Dwivedi. Ceviche of sea bream with Amarillo chilli, crispy corn and coriander (£8) and a punchy tiraditos of yellowtail with green chilli, coriander and lime (£14) were particularly fresh, tasting as great as they looked. Although pricey (as you'd expect in the area), the mains were excellent. Cooked in a Josper oven, the rib-eye (£35) was as fresh and tender as you're likely to find in London. The cocktail list kicks off with pisco, the brandy-like national drink of Peru – the straightforward sours is frothy and tangy (£11) and the wine list is so extensive you'll likely be calling over the sommelier as soon as you get the chance.

THE VERDICT

As expected, service was impeccable and the waiters were comfortingly knowledgeable about every aspect of the menu: a menu that has so much to offer it would certainly require more than one trip to truly appreciate it. Coya is a genuine treat. Wonderful food, a buzzing atmosphere and yet another example of why London loves Peruvian cuisine.

118 Piccadilly, London W1J 7NW | 020 7042 7118 | coyarestaurant.com | T: coyalondon_ | FB: coyalondon



Average price for a threecourse meal for two and pisco sours - £180

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Turtle Bay

NEWCASTLE

Dabbawal

Electric East

NOTTINGHAM Calcutta Club

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EDINBURGH

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		European-Asian

Yalla Yalla





RAJPOOT

When approaching Rajpoot, blink and you will miss the entrance. The door takes you down to a decadently-fitted underground cave, where you are met by friendly staff serving drinks in the bar area before being shown to your table. It is hard not to notice just how much care and attention has been paid to the colourful, ornamental décor. It gets better - as you are shown to your table, the rooms become themed: Alap, Chameli, India Cottage, Jonaki, Kameni, Kamra and Old India - you decide. Certainly, you wouldn't have thought there was this much space down here.

At both lunch and dinner we were impressed with the energy and attentive service. The food? Signature dishes include ihal noorpuri (chicken cooked with rare herbs and green chillies in a hot sauce) or jaflang – a Rajpoot classic, with chicken cooked using herbs and spices collected from the hills of Jaflang in Northern Bangladesh). The major house speciality lies in the achari golda chingri - a stunning dish of marinated Bangladeshi king

Rajpoot House 4 Argyle Street, Bath BA2 4BA | 01225 466833 | rajpoot.com T: @RajpootBath | FB: Rajpoot-Restaurant

ENGLAND



YAK YETI YAK

12 Pierrepont Street, Bath BA1 1LA 01225 442299 | yakyetiyak.co.uk T: yakandyeti | FB: YakYeti





HAWELI

15 Church Street, Twyford RG10 9DN 0118 9320939 | hawelitywford.co.uk



MALIKS

High Street, Cookham, Maidenhead SL6 9SF | 01628 520085 | maliks.co.uk







CARIB GRILL

2 - 4 St Mary's Row, Moseley, Birmingham B13 8JG 0121 449 8818 | caribgrill.co.uk T: caribgrill | FB: carib.grill



3-4 Dakota Buildings, James Street, St Paul's Square, Birmingham B3 1SD | 0121 212 3664 | lasan.co.uk | T: @lasan

FB: Lasan-Restaurant



PUNJABI RASOI

980 Warwick Rd, Acocks Green, Birmingham B27 6QG | 0121 706 6450 thepunjabirasoi.co.uk | T: @Punjabi_Rasoi

FB: punjabirasoibirmingham





CURRY LEAF CAFE

60 Ship Street, Brighton BN1 1AE | 01273 207070 | curryleafcafe.com T: curryleafcaff | FB: curryleafclub



MOSHIMO

Bartholomew Square. Brighton BN1 1JS 0127 3719 195 | moshimo.co.uk T: @MoshimoBrighton FB: MoshimoBrighton



THE NORTHERN LIGHTS

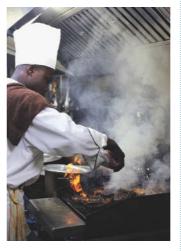
6 Little East Street, Brighton BN1 1HT 0127 374 7096 northernlightsbrighton.co.uk | T: @NLightsBrighton FB: Northern-Lights-Brighton





MYRISTICA

51 Welshback, Bristol BS1 4AN myristica.co.uk | 0117 930 0806 T: @AmitMyristica | FB: amitlak



RICE & THINGS

120 Cheltenham Rd, Bristol, BS6 5RW 0117 924 4832 | riceandthings.co.uk



SURAKHAN

52 Park Row, Bristol BS1 5LH 0117 929 0806 | surakhanrestaurant.com T: @SurakhanMiyoung FB: Surakhan.miyoung





ANATOLIA

22 Regent St, Cambridge CB2 1DB 01223 362372 | anatoliacambridge.co.uk FB: AnatoliaCambridge



BEDOUIN

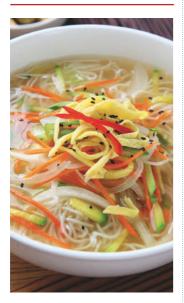
100 Mill Rd, Cambridge CB1 2BD 01223 367660 | bedouin-cambridge.com FB: bedouincambridge



RICE BOAT

37 Newnham Rd, Cambridge CB3 9EY | 01223 302800 | riceboat.co.uk
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EB: Rice-Boat-Kerala-Restaurant-

FB: Rice-Boat-Kerala-Restaurant-Cambridge-UK



LITTLE SEOUL

108 Regent St, Cambridge CB2 1DP 0122 330 8681 | littleseoul.co.uk FB: Little-Seoul





SPICE LODGE

Montpellier Drive, Cheltenham GL50 1TY 01242 226300 | spicelodge.com T: @SpiceLodge | FB: Spice-Lodge





CINNAMON CULTURE

Occupying a former Georgian public house, Cinnamon Culture's decor has retained all the elegance associated with the period. The food, though, is something that the pub patrons of times past could only dream of.

'Modern Indian' is a catch-all description that doesn't quite capture the essence of Cinnamon Culture's Michelin-recommended cuisine. Presentation is designed with the aesthete in mind, but the flavours are as authentic as they come. There's ample room for innovation, but little for the kind of frills and fripperies that do nothing to improve taste.

All of India's regions are represented, with seafood dishes from the South - like sea bass in a 'pappas' sauce, served with curry leaf mash - a particular strength. Various locally-sourced wild meats are always on the regularly-updated menu, too. We loved the strident spicing and tender meat in our buffalo kurumalaku, which comes with a date-stuffed rendition of the exemplary naan that has garnered so many fans.

Bookending the mains are starters like signature clove-smoked Kandahari lamb chops and addictive chilli paneer, and a solid dessert list from which we enjoyed the unusual options of beetroot halwa and a crisp chocolate samosa. Cocktails are as innovative.

46 Plaistow Lane, Bromley BR1 3PA
020 8289 0322 | cinnamonculture.com
T: @cinnamonculture
FB: CinnamonCulture



SHAMPAN 4

The Spinning Wheel, Grays Road, Westerham TN16 2HX | 01959 572622 shampangroup.com | T: @shampanGroup FB: ShampanSpinningWheel





MAIYANGO

13-21 St. Nicholas Place, Leicester LE1 4LD | 0116 251 8898 | maiyango.com T: @HotelMaiyango | FB: maiyangohotel





ALMA DE CUBA

St Peters Church, Seel St, Liverpool L1 4BH 0843 504 4695 |alma-de-cuba.com T: @almadecuba | FB: Alma-de-Cuba



CHAOPHRAYA

Liverpool One, 5-6 Kenyon's Steps, Liverpool L1 3DF | 0151 707 6323 chaophraya.co.uk | T: @ChaophrayaThai FB: LiverpoolChaophraya



MOWGLI STREET FOOD

69 Bold St, Liverpool L1 4EZ | 0151 600 6000 mowglistreetfood.com | T: @mowglistfood FB: Mowgli-Street-Food



YUKTI

393 Prescot Rd, Liverpool L13 3BS 0151 228 2225 | yukti.co.uk FB: Yukti.co.uk







ASSADO

Located in bustling Waterloo, Assado is the fourth restaurant from Cyrus Todiwala. Positioned as a 'premier casual dining restaurant', Assado is yet another platform for the ever-experimental chef to demonstrate his knack for breaking the culinary mould.

Almost two decades on from opening the boundary-pushing Café Spice Namaste, this time it's all about blending the spices and ingredients characteristic of the chef's unique brand of Indian cuisine with the culinary traditions and techniques spread by Portuguese explorers during the period in history known as 'The Age of Discovery'.

'Assado' comes from the Portuguese word meaning 'Roast'. The venue offers a new take on East-meets-West, demonstrating the diverse cuisine that developed the world over as the Portuguese travelled and traded. The menu currently focuses firmly on the cuisine of Goa, but over time this will evolve to encompass other countries like Brazil - and indeed, wherever the Portuguese influence is felt in the food.

The casual, all-day dining restaurant is a beauty, with bright tiling, an in-house bakery, and a handful of more intimate booths. The signature dish is Goa's version of pulled pork, and a list of tapas-style small places makes the restaurant ideal for grazing with a group.

It will surprise many to see just how evident the Portuguese influence is in Goa's food, particularly in the state's Christian cuisine. From the array of breads and egg custard tarts, to the use of chillies, European-style cheeses, and spicy choris

sausage, the deliciously diverse food at Assado is worth extensive exploration.

157 Waterloo Road, London SE1 8XA 020 7870 3747 | assado.co.uk T: @AssadoWaterloo | FB: assadowaterloo



ALAMUT

363 High Road, London N17 6QN 020 8885 6393 | alamut.co.uk

T: @eatalamut | FB: eatAlamut



BAMBOULA

12Acre Lane, London SW2 5SG 020 7737 6633 | bamboulakitchen. co.uk | T: @Bamboulakitchen | FB: BamboulaResuarant



BARRAFINA

10 Adelaide Street, London WC2N 4HZ 020 7440 1450 | barrafina.co.uk T: @BarrafinaADst | FB: Barrafina



BENARES

This beautifully-elegant and stylish restaurant by Michelin-starred chef Atul Kochhar serves modern Indian food in a contemporary European manner. The dining environment is sleek and the

service seamless, allowing you to afford the food due attention. Produce is king here - showcased cleanly on the plate; subtly-spiced and never drowned in sauce.

Instead, Atul uses dots, dusts, drizzles and more tricks from his culinary magic box to add unexpected elements to a menu that, on our visit, included tandoor-baked Newlyn monkfish with spiced vermicelli, hand-picked Scottish crab croquette and coconut curry leaf sauce. For dessert, we loved the twist on the spongy, usuallysavoury Gujarati snack 'dhokla', served here with cashew nuts, coconut cream and butterscotch. Cocktails and wine lists are also strengths.

12A Berkeley Square House, London W1J 6BS | 020 7629 8886 benaresrestaurant.com T: @Benaresofficial FB: BenaresRestaurant



BIBIGO

58-59 Great Marlborough St, London W1F 7JY | 020 7042 5225 | bibigouk.com T: @BibigoUK | FB: BibigoLondon



BÓ DRAKE

6 Greek St, London W1D 4DE bodrake.co.uk | T: @bodrakesoho FB: BoDrakeSoho



BOMBAY BRASSERIE

Courtfield Road, London SW7 5QH 020 7370 4040 | bombayb.co.uk T: @BBSW7 | FB: Bombay-Brasserie



BOOM BURGER

272 Portobello Rd, London W10 5TZ | 020 8960 3533 | boomburger.co.uk | T: BOOMburgerLDN |FB: boomburgers



BREW PUTNEY

162-164 Lower Richmond Road, London SW15 1LY | 020 8789 8287 | brew-cafe. com/LDN | T: @brew_cafe | FB: Brewcafe



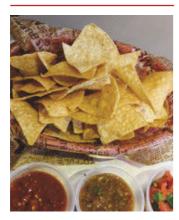
CARIOCA

25-27 Market Row, London SW9 8LB | 020 7095 9052 | T: CariocaBrixton FB: search 'Carioca Brixton'



CHAKRA

157-159 Notting Hill Gate, London W11 3LF | 020 7229 2115 | chakralondon.com T: @ChakraLondon FB: CHAKRALONDON



CHIPOTLE MEXICAN GRILL

114-116 Charing Cross Road, London WC2H OJR| O20 7836 8491 (Other branch details online)| chipotle.co.uk T: @ChipotleUK| FB: chipotleuk



CITY SOCIAL

Tower 42, 25 Old Broad Street, London EC2N 1HQ | 020 7877 7703 citysociallondon.com | T: @CitySocial_T42 FB: CitySocialT42



COMENSAL

32 Abbeville Road, London SW4 9NG 020 8673 7272 | comensal.co.uk T: @ComensalGB | FB: ComensalGB



COURTESAN DIM SUM

69-73 Atlantic Road, London SW9 8PU
020 8127 8677 | thecourtesan.co.uk
T: @CourtesanDimSum
FB: courtesandimsum



DINDIN KITCHEN

Dindin Kitchen is an innovative Persian concept restaurant. Its philosophy is to take traditional recipes that have truly survived the test of time and recreate them using only the very freshest ingredients.

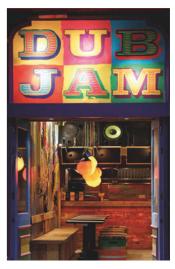
Mezze dishes are prevalent in Persian cuisine and Dindin Kitchen doesn't disappoint. Classics such as tabbouleh and smoked aubergine and tomato salad sit alongside twists on age-old recipes. The endive, pomegranate and walnut salad is a simple but delicious dish, and the chopped chicken, egg and potato salad is not to be overlooked (actually salad Olivieh, similar to a Russian salad, under a different guise).

A selection of wraps, both vegetarian and meat-based, are inexpensive and provide a quick and substantial meal for both those on the go and those with time to take a seat in the restaurant. A number of working lunch deals will also appeal to the many office workers in this area of the capital.

Dindin Kitchen is a labour of love for founder Vida Tayebi, who worked on the project for some time before opening.

A proud Persian herself, her passion for the food and culture of her heritage truly shines through.

52 Gray's Inn Rd, London WC1X 8LT dindinkitchen.com | T: @dindin_kitchen FB: dindinkitchen



DUB JAM JERK BBQ & RUM SHACK

Covent Garden's new Dub Jam reggae kitchen fuses the spontaneity and laid-back beach vibe of the Caribbean with tasty, contemporary Jamaican barbecue flavours, whilst pumping out the soundtrack to Trojan Records with uplifting tunes from reggae legends (everyone can name their favourite).

Dub Jam's interior is packed full of quirky up-cycled design ideas; lights made from reclaimed buoys, tin cans and Red Stripe stubby bottles hang from the walls which are fly-posted with graphic, original Trojan record covers and street art inspired by Kingston's acclaimed Studio One. Stools made from beer kegs and car wheels, a shelf bar made from half a surfboard and a cake display made from an old record player add to the experience. Even the bench seating is recycled from the original timber floor. As a small homage to Duke Reid, the originator of the reggae sound system, Dub Jam's rear wall is a carnivalstyle stack of speakers

Rooted in Caribbean everyday favourites, the menu includes Dub Jam's range of 'Jerk Rebel Skewers', marinated for 48 hours in the kitchen's own jerk recipes and smoked for 12-24 hours before being grilled on the BBQ. Skewers include 'jammin' jerk chicken', jerk pork belly, king prawns and 'Bangarang' jerk-spiced halloumi and pepper, all served with homemade sunshine slaw and various condiments. Beach burgers are made from 28-day dry-aged English beef packed into freshly baked flatbread pockets, decked with grilled pineapple and smoked cheese.

The bar serves a choice selection of rums and Caribbean drinks, including Red Stripe, Carib Beer, Sasparilla and Coconut Water served in colourful hand-painted tin cans. Not to be missed is the signature 'Wray & Nephew reggae-infused rum punch'. Made with overproof rum, the punch is gravity-fed through the sound-system wall of speakers, slowly infusing it with genuine reggae soundwaves; 'bass filtering' it for a truly unique drinking experience.

20 Bedford Street, London WC2E 9HP 0207 836 5876 | dubjam.co.uk T: @dubjambbq | FB: dubjambbq





DUCK AND WAFFLE

You'd be forgiven for assuming that a restaurant on the 40th floor of Liverpool Street's Heron Tower pulls in punters for its incredible views over London. But you'd be wrong. Duck and Waffle has garnered a fiercely loyal following for its food, created by talented young head chef Daniel Doherty. Signature dishes such as the eponymous crispy confit 'duck & waffle' served with a fried egg and maple syrup, and foie gras crème brûlée with Scottish lobster are joined by a regularly changing menu of inventive dishes.

'Egg & bacon' features a devilled duck egg over soft slices of pig's head, cooked long and slow and infused with Korean flavours. Raw Cornish mackerel is combined with smoked vodka cucumbers. horseradish and apple and served in a bowl carved from pink salt. Baked Alaska looks like an alien life-form; it also surprises the tongue with strawberry liqueur and mint oil.

A bar area provides a welcome spot to while away a little time before dinner. Most prized are the window tables, from which London is laid out below you like a map. Best of all, Duck and Waffle is open 24 hours a day 7 days a week - you have no excuse not to find time to visit.

Heron Tower, 110 Bishopsgate, London EC2N 4AY | 020 3640 7310 duckandwaffle.com | T: @DuckandWaffle FB: duckandwaffle



FAANOOS

481 Upper Richmond Road, London SW147PU | 020 8876 8938 faanoosrestaurant.com T: @faanoosrestaura FB: Faanoos-Restaurant



GOGI

451 Edgware Road, London W2 1TH | 020 7724 3018 gogi-restaurant.com T: Gogi-London | FB: Gogi-London



GREEN PAPAYA

At Good Things, we have to undertake a great deal of restaurant reviews, and it can be a tough job. But the Vietnamese cuisine at Hackney-based Green Papaya where our second Guest Editor Wyn Ma commands the kitchen - is so exemplary that we knew this meal would be anything but arduous.

To enlighten the uninitiated, Green Papaya is widely acknowledged as the UK's gold standard in Vietnamese cuisine. Cvrus Todiwala describes it as his favourite Vietnamese food haunt, and journalists are frequently scribbling glittering eulogies about the baked seabass they've just swallowed there. The menu itself boils down authentic Vietnamese recipes into elegant plates, offering wholesome starters like crispy squid with spicy purple basil dressing, and delectable mains like slow-cooked belly of pork with mushrooms and winter vegetables.

The food, along with a high level of service, has ensured that the restaurant has received wide critical acclaim from the food gurus at Time Out and The Independent, while in 2009 Green Papaya was awarded 'Best Vietnamese Restaurant' by The Hackney Gazette. So get booking, and visit Green Papaya for its fresh and flavoursome take on North Vietnamese cuisine. It truly is the best place for it this side of Hanoi.

191 Mare Street, London E8 3QT and 97 Kingsland Road, London E2 8AH 020 8985 5486 and 020 7729 3657 green-papaya.com | T: @goGreenPapaya FB: GoGreenPapaya



HAFEZ

5 Hereford Road, London W2 4AB 0207 221 3167 | hafezrestaurant.co.uk



HANA

351 West End Lane, London NW6 1LT 020 7794 1200 | hanarestaurant.co.uk T: @HanaRestaurantX FB: Hana-Persian-Restaurant



JAMAICA PATTY CO.

26 New Row, London WC2N 4LA jamaicapatty.co.uk | T: @JamaicaPattyCo FB: JamaicaPattyCo



JANE-TIRA THAI

28 Brewer Street, London W1F OSR 020 7434 3777 | jane-tira.co.uk @Janetira_thai | FB: Janetira-Eat-Thai



JUBO

Bedroom Bar, 68 Rivington St, London EC2A 3AY | 020 7033 0198 jubolondon.com | T: @Jubolondon FB: JuboShoreditch



KANADA-YA

64 St Giles High Street, London WC2H 8LE | T: @KanadaYa LDN FB: kanadayaldn



KATEH

FB: Kateh-Restaurant

5 Warwick Place, London W9 2PX 020 7289 3393 | katehrestaurant.co.uk T: @KatehRestaurant



KIMCHEE

71 High Holborn London WC1V 6EA 020 7430 0956 | kimchee.uk.com T: @KIMCHEErest | FB: Kimcheeholborn



LAVASH

8-10 Monkville Parade, London NW11 OAL 020 8905 5353 | lavash.co.uk



LIMA FLORAL

Lima Floral is the second venture of Peruvian chef Virgilio Martinez and his partners, Gabriel and Jose Luis Gonzalez, and follows on from the success of the Michelin-starred Lima. The menu showcases an equally impressive selection of Peruvian classics and some unique ingredients.

Head chef Virgilio Martinez sources ingredients from the UK as well as introducing diners to exciting new Peruvian elements, creating one of London's most unique dining experiences within a venue that exudes South American charm. Signature Lima dishes sit alongside a menu of challenging Peruvian cuisine aimed at helping customers discover new flavours.

Sea bream ceviche was the standout favourite amongst starters, and mains were equally well thought out. A deep bowl of beef suadado burst with flavour; simply - and beautifully- accentuated by heritage tomatoes and fresh coriander. All the desserts are unusual, but the meringue-based suspiro ardiente is something that everyone should try.

Perhaps unsurprisingly for a South American restaurant, Lima Floral has a rather extensive cocktail list, along with an impressive selection of regional reds. Staff are endlessly helpful and polite. A visit will impress even the city's most seasoned foodies who will appreciate the precise level of attention to detail that has gone into each flayour combination.

14 Garrick Street (Floral Street entrance), London,WC2E 9BJ0207 240 5778 limafloral.com T: @lima_london FB: limarestaurant



LITTLE PERSIA

38 Queensway, London W2 3RS 020 7243 8288 | littlepersia.co.uk T: @LittlePersiaRes FB: Little.Persia.Restaurant



MANOUSH CUISINE

48 Queensway, London W2 3RY 020 7727 6886 | manoushcuisine.com T: ManoushCuisine | FB: ManoushCuisine



NAMAASTE KITCHEN

The sleek, contemporary space that Namaaste Kitchen occupies could happily house a smart venue serving any cuisine, but a quick glance at the menu immediately betrays multi-award-winning chef-patron Sabbir Karim's commitment to showcasing authentic regional Indian, Bangladeshi and Pakistani cuisine – albeit in a modern manner.

Start with a cocktail or mocktail – the list offers some innovative Indian-themed tipples. The restaurant's open kitchen specialises in grilled dishes; not only from the tandoor, but sigri (coal flame) and tawa (griddle) too.

The seasonal produce Namaaste Kitchen favours is especially evident on the regularly-changing Tasting Menu. The a la carte offers an tempting range of dishes from all over the subcontinent – we loved a tandoor-cooked Portobello mushroom generously filled with figs, cashew nuts, cheese, and more; and a venison kebab that's unusually - and authentically - tenderised with beetroot.

For mains, Dorset crab vindaloo is fierce yet flavoursome, whilst Lucknowi shahi kofta sits at the other end of the spectrum; the stuffed potato croquettes in a creamy, rich, subtly-spiced sauce. Tandoori pineapple is an almost-virtuous dessert, whilst the signature platter, including carrot samosa and coconut almond roll, is worth every calorie.

In order to further explore regional cuisines, Sabbir also regularly develops themed menus.

64 Parkway, London NW1 7AH 020 7485 5977 | namaastekitchen.co.uk T:@NamaasteKitchen FB: namaastekitchencamden



ON THE BAB

305 Old Street, London EC1V 9LA 020 7683 0361 | onthebab.com T: @Onthebab | FB: Onthebab



OPSO

10 Paddington St, London W1U 5QL 020 7935 0551 | opso.co.uk | T: @OPSO_ london | FB: OPSO



ORKIDEH

746 Finchley Road, London NW11 7TH 020 8731 9921 | orkideh.co.uk T: OrkidehLondon FB: orkidehpersianrestaurant





PANCHAMAMA

18 Thayer Street, London W1U 3JY | 020 7935 9393 | pachamamalondon.com | T: @pachamama_ldn | FB: panchamamldn



POND DALSTON

3 Gillett Street, London N16 8JH 020 3772 6727 | pond-dalston.com T: @ponddalston



Traditional Indian Market kitchen Potli brings the first Indian food bazaar experience to London.

Located in Hammersmith, Potli promises a kaleidoscopic Indian food experience like never before, influenced by marrying exotic spices with fresh, local produce.

Service is super-friendly with a relaxed air and attentive staff. There's a rustic, laidback feel to the décor and the menu, too. The food at Potli incorporates not just the traditional, age-old dishes

from grandma's and mum's kitchen, but also the subcontinent -wide food bazaar influences that

have been so important in shaping modern Indian cuisine

Every town in India has its own market which offers its unique speciality. The street food eateries

form an integral part of the bazaars of India. It is clear Potli has worked hard to bring some of these

delicacies to you. Serving a huge selection of griddled starters and curries cooked in traditional clay pots, the menu features a fantastic array of tastes and aromas. With most of the unusual, regiona; main course dishes priced under £10, Potli offers fantastic value for money.

Along with an extensive wine list, authentic Indian-spiced cocktails and mocktails are popular choices, as well as fresh-churned lassis. Many restaurants proclaim authenticity and excellence - but it's tough to get much closer than this in London

319-321 King St, London W6 9NH 020 8741 4328 | potli.co.uk T: @Potlirestaurant FB: potlilondon



SHOCHU LOUNGE

37 Charlotte Street, London W1T 1RR 020 7580 6464 | shochulounge.com T: @shochu_lounge | FB: shochulounge



THE RUM KITCHEN

1st Floor Kingly Court, London W1B 5PW | therumkitchen.com T: therumkitchen FR: TheRumKitchen



SMOKING GOAT

7 Denmark Street, London WC2H 8LZT: @smokingGoatSoho



SOM SAA

Climpson's Arch, London E8 3SB bookings@climpsonandsons.com | T: @ somsaa london



SPICE MARKET

W London Hotel Leicester Square, 10 Wardour Street, London W1D 6QF 0207 758 1088 | spicemarketlondon.co.uk T: @SpiceMarketLDN FB: Spice-Market-London



TAPAS REVOLUTION

The Balcony, Westfield London, London W12 7SL (other branch at Bluewater) tapasrevolution.com | T: @tapasrevolution FB: tapasrevolutionlondon



THE PALOMAR

Soho's Palomar is brought to you by siblings Layo Paskin (yes, he of 'Layo and Bushwacka!' fame) and Zoe Paskin, who both previously ran London nightclubs The End and AKA, who decided to team up with the chefs of Jerusalem's coolest restaurant, Machnevuda - Yossi Elad, Uri Navon and Asaf Granit, Palomar's kitchen is headed by Tomer Amedi and specialises in Middle-Eastern food, most notably from Jerusalem's vibrant food scene. Other influences include southern Spanish, Italian, and North African cuisines.

An 18-cover 'raw bar' at the front of the venue will serve oysters, ceviche and other raw fish items without taking bookings, while the 34-cover restaurant at the back will serve grilled meats and fish from a

Josper oven. The menu also features both Yemen-influenced dishes and European fare like risotto and fresh pasta

34 Rupert Street, London W1D 6DN thepalomar.co.uk | 020 7439 8777 T: @palomarsoho FB: thepalomarrestaurant



TOHBANG

164 Clerkenwell Rd, London EC1R 5DU 020 7278 8674 |tohbang.com FB: TohbangLondon



TING

TING is located on the 35th floor of The Shard. Overseen by executive chef Emil Miney, it presents a modern European menu that combines the best locallysourced British ingredients with subtle Asian influences. In all honesty, the food is not the main attraction here. It's all about the view

Once the rather unique environment has sunk in, attention turns to the menu: just six starters and six mains, an exercise in restraint. A starter of diver-caught scallops with ginger, coriander, mandarin and heritage carrots was elegantly presented and wonderfully coherent in flavour

A main of Rhug Estate organic lamb loin, served with mirin, sake, erengi mushroom and green apple combined the traditional flavours of quality roasted lamb with the Japanese alcohols, making for a flavour that was both unique and interesting.

For dessert, a rosewater parfait was a smorgasbord of culinary bravado - and it worked. The terroir-driven wine list features a variety of both familiar and lesser-known grapes, and cocktails are well-mixed. Service is both unobtrusive and flawless. A meal here doesn't come

cheap, but it seems right that a visit be reserved for a special occasion. Visiting too often would take away the awe: and awe, after all, is what TING is all about.

Level 35, The Shard, 31 St Thomas Street, London SE1 9SY | 020 7234 8108 ting-shangri-la.com | T: @ShangriLaShard FB: The Shard London



YALLA YALLA

Lebanese, and other Middle Eastern cuisines, are often reduced to little more than a source of grilled meats and kebabs (in restaurants with faux-Bedouin decor and filligree metal lanterns). It wasn't until a foodie holiday to Lebanon that I discovered quite how much of a disservice this does the cuisine. The Lebanese love to eat and, more importantly, they love to cook and to feed others.

Many of the dishes at Yalla Yalla will be familiar - glistening strips of shawarma lamb on a generous serving of hommos, smoky chargrilled aubergine baba ghannouj, halloumi with tomato, olives, mint and olive oil, and juicy grilled pieces of marinated meat. But Yalla Yalla also offers homemade soujouk - a spicy sausage I learned to make in a house in the hills above Beirut; kibbe lahme - deep-fried parcels of lamb, cracked wheat, onions and pinenuts; and lamb sfiha -a meat-topped pastry reminiscent of ones I ate hot out of the oven in a tiny butcher-bakery by Baalbek. Best of all is the chicken taouk wrap, filled with grilled chicken, pickled cucumber and toum garlic sauce. Like an honourary Beiruti, insist on extra toum - but make sure you don't have any meetings afterwards!

12 Winsley Street, London W1W 8HQ 020 7637 4748 | yalla-yalla.co.uk (Other branches via the website)

T: @YallaYallaUk



ZAIKA OF KENSINGTON

1 Kensington High Street, London W8 5NP I 0207 795 6533 tamarind collection. com | T: ZaikaLondon | FB: Zaika-of-Kensington





ALBORZ

820 Stockport Rd. Manchester M19 3AW 01612244111 | alborzrestaurant.co.uk FB: ahaghanian



AUSTRALASIA

Manchester was once the largest cotton producer in the world. In colonial Australia, they used to get so much of the stuff, in labelled boxes, that locals started calling their bed sheets 'Manchesters'.

But now, the reverse is happening. Australia is bedding into Manchester, as Australasia – an odd, vet alluring taste of the billabong – sets up shop in the Mancunian landscape.

You can order two ways at Australasia. Either you go for the traditional starter and main method - or you go maverick and order a cache of sharing dishes. For the latter, thumb through the list which includes nigiri sushi, vellowfin tuna sashimi or Loch Duart salmon. Alternatively, kick off your taste odyssey with California rolls like the smoked duck 'Dragon roll'; made either with avocado, shiso and carrot, or roast salmon and sour plum - both superb flavour combinations.

The menu has been devised by head chef. Paul Greening, whose love for fusion food won him the Young Australian Chef of the Year award. So expect sashimi to ioin hands with Collingwood dinkies, or octopus with pickled hijiki and watermelon to accompany black cod roasted in hoba leaf. Traditional European cuisine is also fused with Pacific Rim influences such as Japanese, Australian, Indonesian and Southeast Asian.

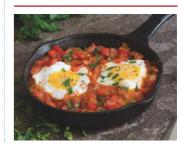
After eating, swerve to the bar's great wall of spirits - each available to be blended into a cocktail of your choosing. The bar's menu also eases the gap between Furopean and Australasian fare, with crunchy, warm prawn tempura, or a side-helping of sushi and sashimi willing to partner with that European beer you've ordered in a panic at the sheer choice on

1 The Avenue, Spinningfields, Manchester M33AP|01618310288 australasia.uk.com | T: @AustralasiaMcr FB: Australasia. Manchester



CACHUMBA

220 Burton Rd, Manchester M20 2LW 0161 445 2479 | cachumba.info T: @Cachumba1993 FB: cachumba.didsbury





RAYHOON

34 St Petersgate, Stockport SK1 1HD 07542 077774 | rayhoon.com FB: rayhoon.manchester



TURTLE BAY

33-35 Oxford St, Manchester M1 4WB (branches across the UK) 0161 236 4101 turtlebay.co.uk | T: Turtlebayuk FB: TurtleBayRestaurants



VERMILION

Lord North St/Hulme Hall Lane, Manchester M40 8AD | 0161 202 0055 vermilion.uk.com | T: @Vermilionuk

FB: Vermilionandcinnabar



YANG SING

34 Princess St, Manchester M1 4JY 0161 236 2200 | yang-sing.com T: @yangsingmcr | FB: Yang-Sing





DABBAWAL

1 Brentwood Mews, Jesmond, Newcastle upon Tyne NE2 3DG | 0191 232 5133 dabbawal.com | T: @Dabbawal FB: Dabbawal



ELECTRIC EAST

St James Boulevard, Waterloo Square, Newcastle upon Tyne NE14DP 0191 221 1000 | electric-east.co.uk T: @ElectricEast | FB: ElectricEast



LUIGIKHANS

358 Westgate Rd, Newcastle upon Tyne NE4 6NU | 0191 272 4937 | luigikhans. com | T: @Luigikhans | FB: Luigi.Khans



QUILLIAM BROTHERS

1 Eldon Place, Claremont Buildings, Newcastle upon Tyne NE1 7RD 0191 261 4861 | quilliambrothers.com T: @Quilliambros | FB: QuilliamBrothers



THE OLD SIAM

1-3 Side, Newcastle upon Tyne NE1 3JN 0191 261 5590 | theoldsiam.co.uk FB: The-Old-Siam-Newcastle





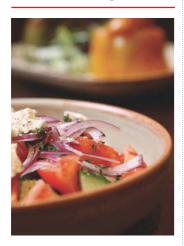
CALCUTTA CLUB

Calcutta Club's décor displays the same sumptuous influences of the Maharajan polo retreats of old India as London restaurant Gymkhana. Calcutta Club's founders collectively bring their 35-plus years of experience in the restaurant profession to the people of Nottingham. The brief is simple: to replicate the elegance of Maharajan retreats with the widest selection of ingredients available, where feasting (bhojan) once began when polo games had reached a finale and took prime position within the occasion to impress visiting guests.

The restaurant aims to make the dining experience memorable and enjoyable, whether in the Club Room or on the verandah, and offers recipes which draw inspiration from many of India's rich regional cuisines. These include some timeless classics and some future favourites arranged into 'first chukka', and 'second chukka' - making reference to polo. Some exciting dishes include Goan steamed mussels, boatman's fish curry and saunf gosht lamb - a prime fillet of lamb simmered slowly with garlic, ginger, coconut and fennel.

Calcutta Club's menu and variety of ingredients denote the importance of the old luxury associated with the Maharajah, and as such, the venue offers some Mediterranean-tinged dishes like crispy salmon with crushed potato, and chicken breast with roasted peppers. Calcutta Club is a memorable dining experience indeed.

8 -10 Maid Marian Way, Nottingham NG1 6HS | 0115 941 4441 | calcutta-club.co.uk T: @TheCalcuttaClub FB: Calcutta-Club-Nottingham



YAMAS

5 Thurland Street, Nottingham NG1 3DR 0115 950 1000 | yamas.co.uk T: @yamastapas | FB: yamastapas



THE RUM HOUSE

9 Broad Street, Hockley, Nottingham NG1 3AJ | 0115 924 1555 rumhouse.co.uk | T: @rumhouseuk FB: rumhousenottingham





EDAMAME

15 Holywell St, Oxford OX1 3SA 01865 246916 | edamame.co.uk T: @edamameoxford FB: fans-of-edamame-oxford



MAKAN LA

6 St Michael's Street, Oxford OX1 2DU 01865 203222 | makanlaoxford.co.uk FB: Makan-La



MOYA

97 St Clement's St, Oxford OX4 1AR 01865 200111 | moya-oxford.co.uk FB: Moya





ARCHANA

53 Dublin Rd, Belfast BT2 7HE
028 9032 3713 | Archana.co.uk
T: @archanarest | FB: Archana.Restaurant



GINGEROOT

73 - 75 Great Victoria Street, Belfast BT2 7AF | 028 90 313124 gingeroot.com | @Gingeroot_GVS FB: TheGingerootIndianRestaurant



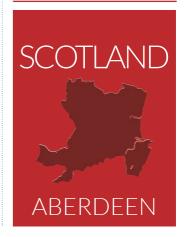
THE BOATHOUSE

1A Seacliff Rd, Bangor, County Down BT20 5HA | 028 9146 9253 theboathouseni.co.uk T: @DownNewsLtd FB: The-Boathouse-Restaurant



ZEN

55-59 Adelaide St, Belfast BT2 8FE 028 9023 2244 | zenbelfast.co.uk T: @ZenBelfast | FB: ZenBelfast







RENDEZVOUS AT NARGILE

106-108 Forest Avenue, Aberdeen AB154UP | 01224 323700 rendezvousatnargile.co.uk FB: Rendezvous-Nargile



SHRI BHEEMA'S

City Centre branch - 15-17 Belmont Street, Aberdeen AB10 1JR 01224 645555 | Shri Bheema's at Bridge of Don - Belgownie Road, Bridge of Don, Parkway Inn AB22 8NT | 01224 821155 shribheemas.co.uk

FB: ShriBheemasIndianRestaurant



YOROKOBI

51 Huntly Street, Aberdeen AB10 1TH 01224 566002 | yorokobibycj.co.uk FB: Yorokobi-by-CJ





BOMBAY LOUNGE

Bombay Lounge is a family-run restaurant. serving simple, high-quality Indian and Bangladeshi cuisine. The restaurant can hold 70 covers, and during any sunny period the garden can host an additional 40. Service is friendly and welcoming and the restaurant is a typically calm and relaxed affair, decorated simply with cream walls and blood-red upholstered seating.

Rony and Michael are personalities that attract a vast amount of return custom, all on first name terms. It is refreshing to see a local restaurant known for its quality as well as simply 'the place where they know my name' - the latter often a comfort to cover poor cuisine, but not in this case.

Whilst the banquets on offer are reasonably-priced, 'household-name' meals, the chef's recommendations are wonderful. Try dishes such as balti shorisha chicken; balti bojpori massalla; and balti murgh achari - delivering tasty, succulent, well-cooked meats with an exceptional blend of flavour and spice, accompanied by competent side dishes and an extensive drinks menu. Pay this local restaurant a visit and venture away from your go-to dish. You'll be pleasantly surprised.

202 High Street, Dalkeith FH22 1A7 0131 660 4141 | bombaylounge.net FB: BombayLounge



SHILLA

13B Dundas St, Edinburgh EH3 6QG 01315564840 | shilla-edinburgh.com FB: Shilla Korean Restaurant





DAKHIN SOUTH INDIAN KITCHEN

There was a time when the inhabitants of Glasgow's Merchant City were all too familiar with the world's exotic foods and spices, with the wealthy merchants importing wares from all four corners of the globe. Today, the Merchant City hosts some of the city's more sophisticated bars, clubs and restaurants, and visitors continue to enjoy the world's ingredients introduced by the area's stylish and cosmopolitan eateries. Dakhin is located at the heart of this - it prides itself on specialising in authentic South Indian cuisine and certainly offers something a little different from Glasgow's thriving

Walking down the city's Candleriggs, you'd be forgiven for almost walking by the restaurant's single door entrance. But on entry, you will be pleasantly surprised by an airy, contemporary and stylishly decorated venue. We were welcomed by a friendly member of staff who assured us he'd find a space for two in the lively and atmospheric dining room. Concise and comprehensive, the menu was clearly laid out: starters, seafood, lamb, poultry and vegetarian sections, plus bread and accompaniments. Each dish had a welldefined description of the ingredients, which certainly made choosing a little less complicated.

Furthermore, the friendly waiter had a fantastic knowledge of the menu which made for helpful, educated recommendations. Starters included keeraj bhajji (a light vegetable fritter) and batata bonda (a light and fluffy, curry leaf-infused

potato dumpling).

The wide variety of main courses made it difficult to choose but notably there was a broad range of vegetarian specialities in addition to the meat options. The kori Mangalorean kari, with its mild tomato and onion sauce, was light, delicate and not swimming in oils as some curries are. The rovvalu vepuda featured garlic and ginger king prawns and had a bit of bite. The paper dosa (super-thin, crisp crepe) was a great sharing side along with rice. For dessert we shared a malai kulfi: a densely creamy, custard-like dish infused with cardamom

Overall, Dakhin had a nice relaxed atmosphere, the food was excellent and authentic, and staff friendly and efficient. If you're looking for a quiet, candlelit dinner for two, then this is not your place. However for a relaxed and informal night out, as a couple or with family or friends, you will not go far wrong.

89 Candleriggs, Merchant City, Glasgow G1 1NP | dakhin.com | 0141 553 2585 T: @dakhin | FB: dakhinrestaurant



HANOI BIKE SHOP

8 Ruthven Lane, Glasgow G12 9BG 0141 334 7165 | thehanoibikeshop.co.uk T: @hanoibikeshop FB: TheHanoiBikeShop



PERSIAN PARADISE

411 Great Western Rd, Glasgow G4 9JA 0141 339 2170 | persianparadise.co.uk



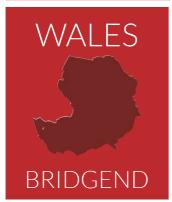
SHOLEH

146 Nelson Street, Glasgow G5 8EJ 0141 429 0517 | sholehrestaurant.co.uk FB: sholehglasgow



STRAVAIGIN

28 Gibson Street, Glasgow G12 8MX 0141 334 2665 | stravaigin.co.uk T: @StravaiginG12 | FB: Stravaigin





BOKHARA

The hotel restaurant, just five minutes from the M4, has etched its own identity as a sleek, modern and colourful establishment in its own right. The team is dedicated to authenticity and excellence, and their pride in their product very evident. Awards are given pride of place across the restaurant.

Bokhara means 'warm oven' and was the dream restaurant of proprietor Vijay Bhagotra. It is a salute to his love of the food 'back home. With many of the dishes taken from the North West frontier of India, the chefs have been carefully selected and brought to Bokhara to bring a taste of the real India. Combining fresh, locally sourced ingredients with Indian spices creates delicious and noticeably rich dishes which are cooked well. For example, the orderin-advance Raan-e-Khandar is a whole leg of lamb marinated overnight, grilled in the tandoor and cooked in a fresh aromatic

masala until melt-in-the-mouth succulent

Court Colman Manor Hotel, Pen-y-Fai, Bridgend CF31 4NG | 01656 720212 bokhararestaurant.com

T: @bokharabridgend | FB: Bokhara-Brasserie





MOKSH

Patron and award-winning chef Stephen Gomes has created something rather spectacular in Moksh, so much so that we need to share this with the rest of the nation. Set in Cardiff Bay's Mermaid Quay, in the presence of some other fantastic Indian restaurants, Moksh does something a little different.

The concept is that of bringing authentic Indian flavours with a contemporary twist almost to a magical conclusion in its presentation. The menu has a Goan influence that reflects Gomes' background, but also includes recipes from throughout India and Asia. Add in a little excitement with some dry ice and some unorthodox ingredients (chocolate and orange chicken tikka: Hyderabadi minced lamb and potato with chilli beetroot foam; balchao-dusted pork belly on tomato charasa and edible paper), and the novel take on Indian authenticity is clear.

There even happens to be a jerk chicken tikka, as well as a lemongrass and pepper variant. With some other twists on regional specialities like traditional Goan fish curry and dal Bukhara (slow-baked lentils with tomato and cream), Moksh is certainly a fine dining experience to cater to both the

curious and adventurous and the cautious and careful. It also offers monthly recipes for you to cook at home - a novel idea indeed

Ocean Building, Bute Crescent, Cardiff CF10 5AY | 02920 498 120 | moksh.co.uk T: @MokshCardiff | FB: MokshCardiff



DUTCHY'S JAMAICAN JERK SHACK

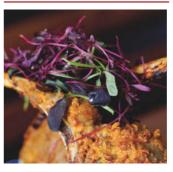
15 North St, Newport NP2- 1JZ 07947 141019 | dutchys.co.uk FB: dutchynewport





GARUDA

18 St Helen's Rd, Swansea SA1 4AP | 01792 653388 | garudarestaurant.co.uk



KAN ZAMAN

67 Brynymor Rd, Swansea SA1 4JJ 01792 465665



NISHIMURA

83 Brynymor Road, Swansea SA1 4JE 01792 653222 | nishimura.co.uk FB: nishimuraswansea



RASOI INDIAN KITCHEN

Fusing the traditional and the modern with class and flair, Rasoi is not your runof-the-mill curryhouse. The contemporary restaurant has just the right moody lighting, Indian-inspired textiles and decor, and is fitted out with a show kitchen; ensuring chefs have nowhere to hide as they put together your feast.

For 'feast' is just what a meal at Rasoi will fast become once you've glanced at the extensive and enticing menu – and we don't only think that way because it does so for us. Industry accolades and tips from satisfied diners whet our appetites even before arrival, making it necessary to order ourselves a smorgasbord of starters including a silky galuti kebab made with Welsh lamb, crisply-battered fish Amritsari, and a sterling example of that Indo-Chinese classic, chilli paneer.

But space must be saved for main courses – including a Kerala-style seafood biryani whose spicing is quite different to the North Indian biryanis commonly served in restaurants. There are well-executed 'classic' curries, but we opt for an irreverent Indian take on crispy duck – and the gamble pays off.

Masala chips tempt, but we save the calories and the space for the clever fusion puddings that look almost as good as they taste. And, after demolishing a tamarind-glazed shrikhand cheesecake and a warm carrot fudge cake, we're glad we did so.

192 Bryntirion Road, Pontlliw SA4 9DY | 01792 882409 | rasoiwales.co.uk T: @RasoiWales | FB: rasoiswansea |



Used as both aromatic spice and table condiment, black pepper packs a punch all over the world. Zoe Perrett says it's not to be sneezed at

n the British dining table, so ubiquitous is black pepper as a simple seasoning that its sexier, spicier side is often forgotten. Yes, it's quite commonly crusted onto a slab of steak, but beyond that, its use is restricted to a small sprinkle delivered through few deft twists of the wrist here and there.

And that is a crying shame. Headily fragrant and pungent with heat, pepper is not something to be sneezed at. Before chilli entered India via the Portuguese in the fourteen hundreds, pepper was the original addition to a dish with which one wanted to burn mouths and inflame appetites. That shared hot-spiciness did not go unnoticed by any eater of both ingredients; eventually etymologically evidenced by the chilli's 'pepper' suffix - first coined by Christopher Columbus when he felt the fire of a chilli in the Caribbean. But back to black pepper. In common with the chilli, each single-seeded drupe is in fact a fruit - although it's piperine

rather than capsaicin that holds the heat. The spice can only properly be called 'peppercorn' in its dried form, whether the ripe, formerly-green pepper berries have languished slowly in the sun or been subject to rapid mechanical desiccation. Don't let the unassuming, rather uniform appearance of various types of black pepper delude you - fragrances and flavours vary wildly. Amongst the best-regarded varieties are Cambodian Kampot, the Malaysian stuff called Sarawak, and Tellicherry from India's south. Once you find your preferred pepper, think of it as an aromatic accent, with the power to lift everything from a Bloody Mary to a chocolate ganache. Black pepper is a delicacy which relishes rough treatment - unleashing untold aromas in response to a good grinding. Let the spice whisper its way into your affections, or, as in Kerala-style stir-fries, use in quantity and allow its fragrant fire to trample across your tongue. However you choose to use it, remember: pepper finds favour with far more than a simple pinch of salt.

SAVOUR THE FLAVOUR...

PURCHASE PLAIN PEPPERCORNS

- Parameswaran's Special Wynad pepper | lakeland.co.uk
- Phu Quoc peppercorns | thespiceshop.co.uk
- Tellicherry black pepper | peppermongers.co.uk

EVEN MORE EXTRAORDINARY

- Cubeb pepper | worldofzing.com
- Long pepper | spicemountain.co.uk
- Spice Drops Pepper liquid extract | holylama.co.uk

ON THE PLATE

- Meat: Pigeon pepper fry at Gymkhana | gymkhanalondon.com
- Vegetarian: Leek and potato velouté with roasted beetroot kataifi, cauliflower and black pepper pannacotta at Michael Nadra Chiswick | restaurantmichaelnadra.co.uk
- Pudding: Warm chocolate soup with black pepper ice cream at Café des Amis | cafedesamis.co.uk

ON THE TOWN

- Black Spice at The Palomar: Rittenhouse 100 Rye, Lustau PX Sherry, Pierre Ferrand Dry Curaçao, Fernet Branca and black pepper tincture | thepalomar.co.uk
- Blood & Fire at Carom Soho: Scotch shaken with cherry liqueur, orange juice, sweet vermouth, fresh chilli and black pepper | caromsoho.com
- Me-ouch at The Mayor of Scaredy Cat Town: Black & white peppercorn infused vodka, lime juice, strawberries, balsamic glaze topped with soda | themayorofscaredycattown.com

IN THE DRINKS CABINET

- Bitter Bastards Black pepper bitters | masterofmalt.com
- Berry Good Strawberry black pepper vodka | shop4whisky.com
- Alchemist Dreams Bespoke blended black pepper spirit | alchemistdreams.co.uk

FOR YOUR BODY

- Molton Brown Black Peppercorn eau de toilette | moltonbrown.co.uk
- Neals Yard Remedies Black pepper organic essential oil | nealsyardremedies.com
- Aromas Artesanales de Antigua AAA soap bar | thesomersettoiletryco.co.uk

SNACK ATTACK

- Åkessons 75% Trinitario cocoa and black pepper Madagascan chocolate | akessons-organic.com
- Harvey Nichols Strawberry, lime and black pepper preserve | harveynichols.com
- East India Company Black peppercorn biscuits | eicfinefoods.com

A DAY OUT

 A tour of Belize Spice Farm, home to one of the country's largest black pepper plantations: belizespicefarm.com

THE GURUS

 Peppermongers founders Tom Alcott and Pete Gibbons peppermongers.co.uk



RASPBERRY GIN JAM

MAKES: 1

INGREDIENTS

- 40ml gin
- 20ml Cointreau
- 15ml lemon juice
- 1 tsp good-quality raspberry jam
- ½ an egg white (optional; adds a foamy head)
- black pepper, to taste

Recipe courtesy of Pritesh Mody, founder of speciality spiceand-ingredient emporium World of Zing worldofzing.com

METHOD

Put all ingredients into a shaker with ice, shake hard, then strain into an ice-filled jam jar or heavy tumbler.

Grind a couple of turns of black pepper over the top to allow the wonderful aroma to shine

Garnish with a sprig of fresh mint, and serve.



MEET THESE MALLETS



Sculptural ScanWood Handheld Meat Mallet £10.96

Wooden Meat Mallet

£5.95

You wouldn't like to try wrestling Andy Bates' meat mallet from his hands. The chef tells Zoe Perrett why it's one of his favourite kitchen tools

Written by **Zoe Perrett**Images by **Alice Griffiths & Andy Bates**

ou wouldn't want to anger a chef when he's armed with a meat mallet. This heavy-duty hammer-like piece of apparatus is a must in any carnivore's kitchen; a dedicated tool that attacks a steak or a fillet with aplomb, turning it thinner and more tender with every blow. Some might argue that it has another additional and invisible vocation: stress reliever.

Happy chappy Andy Bates might not suffer from stress but is a firm fan nonetheless. Until the chef-and-presenter's first meat mallet made its way onto his worktop, he ruined many a rolling pin by using them habitually to hammer chicken thighs for his signature pies (see recipe).

Usually taking the form of a multi-sided hammer laden with spikes of various sorts, meat mallets most often closely resemble instruments of torture, but they take away the pain of meat preparation; rendering tasks like flattening, shaping and tenderising far more pleasurable than they would otherwise be. Andy especially recommends putting a meat mallet to work when dealing with poultry legs, game, and tougher cuts, adding that breaking down the protein fibres and softening meat makes it useful when rustling up a robust pie or terrine.

WHAT IS IT GOOD FOR?

- Cracking nuts
- Crushing garlic, herbs and spices
- Breaking marrow bones
- Making biscuit crumbs

Ergonomic OXO Good Grips Meat Tenderiser £11.95

THE MANY FACES OF A MEAT MALLET

Some models have multiple different 'faces'. Here's how to use each one:

- HORIZONTAL 'BARS': USE TO BREAK DOWN SERIOUSLY TOUGH CUTS
- LARGE SPIKES: USE FOR SLIGHTLY MORE DELICATE MEAT
- SMALL SPIKES: USE FOR THIN-YET-TOUGH CUTS
- FLAT FACE: USE WHEN SURFACE AREA IS KEY, E.G. FOR BREADED,
 FRIED STEAKS



ANDY BATES' CHICKEN AND HAM PIE

Serves a crowd!

INGREDIENTS

For the ham:

- 2 large brined unsmoked ham hocks
- 1 pig's trotter
- 1 medium onion, chopped
- 1 handful of fresh thyme (chop half and reserve it for seasoning the cooked meat)
- 1 tsp black treacle
- medium course-ground black pepper, to taste

For the chicken:

- salt, 6-8 boneless, skinless chicken thighs
- salt and pepper, to taste

For the hot water pastry:

- 450g plain flourpinch of salt
- pinch of sa
 170g lard
- 200ml water

METHOD

For the ham, place the hocks in a large saucepan and cover with cold water. Bring to the boil, drain, refresh with clean water and bring to the boil again. Skim any froth off the surface.

Reduce heat to a gentle simmer and add the trotter, chopped onion, the unchopped thyme and the black treacle. Simmer for around 3 hours or until the meat is just starting to fall off the bones.

Remove the meat from the pan and allow it to cool. Discard the trotter and strain the remaining stock into a clean pan and return to the boil until it has reduced by half, then take the pan off the heat and leave to cool. Reserve in the fridge – this will be the jelly for the pie.

Pick the meat from the ham hock, removing any fat and muscle. Flake the meat into a bowl and season with coarse black pepper and the remaining thyme (or to your taste). Remember this is a cold pie so pepper will really bring out flavour once rested and chilled.

For the chicken, place the meat between two pieces of clingfilm, beat with the meat mallet to tenderise, season with salt and pepper, and reserve.

Preheat the oven to 180C.

For the pastry, mix the flour and salt in a bowl, making a well in the centre. Bring the water and lard to the boil in a saucepan then stir it into the flour with a wooden spoon to form a smooth dough. Leave for 10 minutes until cool enough to handle.

Lightly grease a 15-20cm x 8-10cm pie ring and line the bottom with a disc of lightly-greased greaseproof paper. Place it on a similarly lined and greased baking tray.

Take two-thirds of the dough and, on a lightly floured table, roll it into a circle large enough to line the base and sides of the pie ring and overlap the edge. Place the pastry into the pie ring, carefully pressing into the corners, allowing the pastry to just hang over the edge. Roll the remaining pastry into a circle for the lid.

Cover the bottom of the pie with a layer of the flaked ham, then a layer of chicken. Repeat this again until the pie is filled. Brush the pie edges with beaten egg and place the lid on top. Pinch the lid edge and top pastry edges together with your thumb to crimp the pie and create a seal. Trim the edge with a knife, removing any overhanging pastry.

Brush the top of the pie with the beaten egg, make a hole in the middle of the pastry lid and cook for 1 hour. Remove the ring, brush the sides and top with beaten egg, and bake for a further $15 \, \text{minutes}$.

Remove from the oven and leave to cool. Refrigerate for 2-3 hours. When the pie is cold, fill any holes in the pastry with softened butter so that the jelly doesn't escape.

Take the jelly from the fridge, remove the layer of fat from the surface, and gently reheat the jelly until it melts. Pour it into the round hole in the top of the pastry until the pie is filled.

Return to the fridge until the jelly is set, then cut and enjoy.

Recipe courtesy of Andy Bates andybateschef.com



Then I was in my teens, my grandparents would undergo an annual pilgrimage to a long-extinct independent butchers in Northallerton,
Yorkshire, to bring back a steak and ale pie which simply blew my mind. While others might measure their respective adolescent years by memories of awkward failed romances, I can only think of that pie and how it was filled with enough tender beef to feed Napoleon's army. Will any of the market's current offerings recapture the magic?

5/5

2.5/5



Where? Ginger Pig What? Steak pie How much? £5.50

Verdict? When mankind is long gone, I

hope Martians will judge civilisation from stories of this wonderful pie. Filled with succulent beef that falls apart into tender shreds, the caramelised onions and subtle cheesy dose to the boozy gravy form a taste you won't be able to – or want to - forget.

How much of a Good Thing? 5/5 - Grandma and Grandad would approve.



Where? Harvey Nichols What? Venison, red wine and clementine pie How much? £5.95

Verdict? Although this miniature pie

had a heart embedded into its pastry, it was difficult to love. On the plus side the venison was moist and not overly gamey, but the clementine and red wine filling was so dry it left me running for a glass of water.

How much of a Good Thing? 2.5/5 - Unfortunately, despite the wonderful list of ingredients, it misses the mark.

Where? Selfridges What? Cheese and onion pie How much? £4.99

Verdict? Who needs the Oscars? This little wonder won 'Best Pub Pie in Britain' at the British Pie Awards 2014. Lovingly made by the Great North Pie Co. with nothing but caramelised onions and Lancashire cheese, this pie, although simple, oozes flavour.

How much of a Good Thing? 4.5/5 - With soft rustic pastry and a smoky aftertaste, this is the perfect lunch pie.

Where? Harrods What? Cheese and onion pie How much? £2.49

Verdict? Far surpassing Butlins as Bognor Regis' prime attraction, this beauty by local seaside shop Turners has a moreish, creamy blue cheese filling that goes perfectly with mashed potato.

How much of a Good Thing? 4.5/5 - Its generous helpings of tender pink beef and flaky pastry make the battle with Ginger Pig worthy of a cup final.



Where? Forman & Field What? Fish pie How much? £19.95

Verdict? Filled with Dover sole, Scottish salmon, tiger sand smoked haddock, and topped with milky truffle mash

prawns, mussels and smoked haddock, and topped with milky truffle mash, this pie brings together the greatest hits of the sea.

How much of a Good Thing? 5/5 - I'll keep it simple: best fish pie ever.

THE BOTTOM LINE: GET FOUR OUT OF THE SIX INTO YOUR FRIDGE TOMORROW.

NEXT MONTHThomas tests alternative eggs for easter

4.5/5

4.5/5

5/5



The **Ashburton Cookery School** is one of the UK's premier culinary schools with over 40 inspirational cookery courses to choose from, designed to suit beginners through to advanced home cooks. Courses are led by our team of experienced chefs and range from 1 day courses and residential cookery weekends to inspiring cookery holidays.

Learn to cook your favourite cuisine on courses such as **Thai**, **Italian**, **Modern British**, **French Bistro** or **Authentic Indian** using only the best local, seasonal ingredients. Improve your home entertaining on our **Dinner Parties** courses or develop your cookery skills in a specific area such as **Patisserie**, **Breadmaking**, **Sauces** or **Fish** & **Seafood**.

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2015 Chefs' Academy Courses now enrolling...
Professional Culinary Certificate (6 weeks)
Diploma in Professional Patisserie (20 weeks)
Professional Culinary Diploma (20 weeks)





EASTER

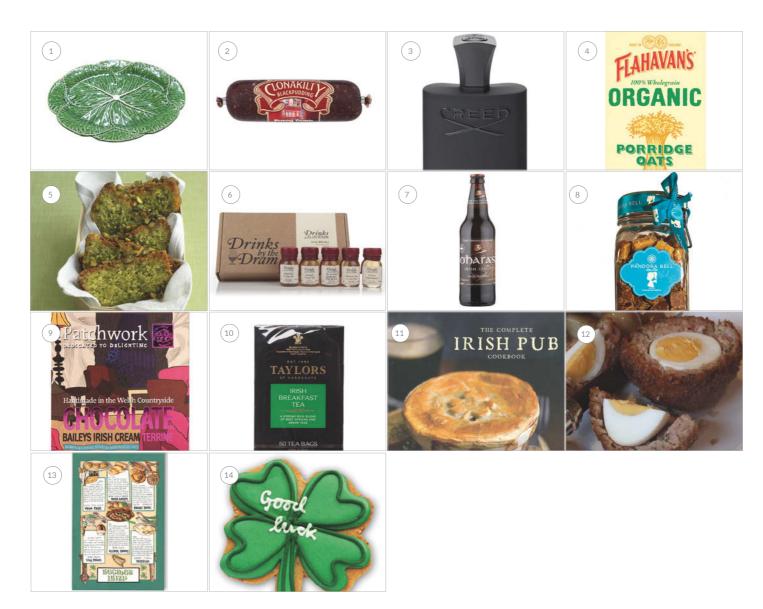


- Betty's of Harrogate Milk chocolate song thrush eggs | £6.95 | bettys.co.uk
- 2. Booja Booja Fine de Champagne large Easter egg | £24.99 | ocado.com
- 3. Dibor Wooden farm eggs storage cabinet | £21 | notonthehighstreet.com
- 4. Eddingtons Mini egg pan and spatula | £19 | selfridges.com
- 5. 'Eggs' cookbook by Michel Roux | £14.99 | quadrille.co.uk

- 6. Ella James White rabbit ceramic napkin holders | £7.50 | notonthehighstreet.com
- 7. Harrods Easter blend tea | £8.95 | harrods.com
- 8. Hotel Chocolat The Easter Collection | £35 | hotelchocolat.com
- 9. Heston from Waitrose Acacia honey and ginger hot cross buns | £1.50 for 2 | waitrose.com
- 10. Hershey Silversmiths Personalised solid silver egg cup | £65 | notonthehighstreet.com

- 11. Le Creuset Set of six rainbow eggcups | £38 | selfridges.com
- 12. Paul A Young Hot cross bun caramel in a jar | £tbc | paulayoung.co.uk
- 13. San Pietro Quail eggs in white truffle | £11.99 | selfridges.com
- 14. Tatty Devine Little Lamb brooch | £35 | *tattydevine.com*
- 15. The English Cream Tea Company Easter egg brownies | £19 | englishcreamtea.com
- 16. Zotter Chocolate liqueur | £24.50 | zotter.co.uk

ST.PATRICK'S DAY



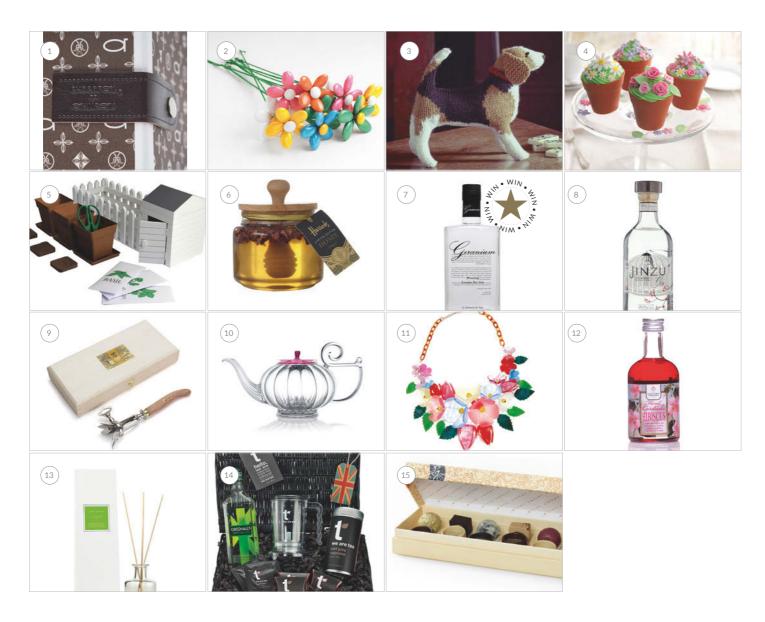
- 1. Bordallo Pinheiro Cabbage oval platter | £31 | divertimenti.co.uk
- 2. Clonakilty Black pudding | £1.99 | ocado.com
- 3. CREED Green Irish Tweed eau de parfum | £190 | johnlewis.com
- 4. Flahavan's Organic porridge oats | £2.25 | waitrose.com
- 5. Lemon and pistachio cake | £11.95 | formanandfield.com
- 6. Drinks by the Dram Irish Whiskey

- tasting set | £26.95 | masterofmalt.com
- 7. O'Hara's Irish Stout | £1.99 | ocado.com
- 8. Pandora Bell Irish cream liqueur fudge | €19.95 | pandorabell.com
- 9. Patchwork Pâté Chocolate terrine with Baileys | £4.30 | patchwork-pate.co.uk
- 10. Taylors of Harrogate Irish Breakfast Tea teabags | £2.49 | selfridges.com

- 11. 'The Complete Irish Pub Cookbook' by Love Food | £8.39 | amazon.co.uk
- 12. The Handmade Scotch Egg Company Ceilidh Scotch egg | £2.85 | handmadescotcheggs.co.uk
- 13. Ulster Weavers Traditional Irish recipes linen tea towel | £6.50 | notonthehighstreet.com
- 14. Personalised lucky clover biscuit | £11.50 | biscuiteers.com



MOTHERS'S DAY



- Artisan du Chocolat Voyage du chocolat | £49.95 | artisanduchocolat.com
- 2. Carluccio's Chocolate dragée flowers | £21.95 | *carluccios.com*
- 3. Crafty Canine Creations Knit your own dog kit | £15.99 | firebox.com
- 4. Flowerpot muffin cases | £6.99 | lakeland.co.uk
- 5. Grow your own indoor allotment | £24.95 | prezzybox.com
- 6. Harrods Limited-edition Acacia honey with rose petals | £22.95 | harrods.com
- 7. Hammer & Son Geranium London dry gin | £25.96 | masterofmalt.com
- 8. Jinzu Junmai sake gin | £43.99 | selfridges.com
- 9. Laguiole Carving vice | £130 | divertimenti.co.uk
- 10. Mariage Frères My Beautiful Teapot | £250 | selfridges.com
- 11. Tatty Devine Midsummer Blooms statement necklace | £345 | tattydevine.com
- 12. The East India Company Hibiscus cordial | £7.95 | eicfinefoods.com
- 13. True Grace Wild rhubarb fragrance diffuser | £33 | truegrace.co.uk
- 14. We Are Tea G & Tea gift set hamper | £50 | ocado.com
- 15. Zotter Chocolate ring collection | £10.90 | zotter.co.uk



vardlevlondon.co.uk

sconnoisseur.co.uk

1. Yardley London Meal for 2 plus 5 'His & Hers' fragrances Since 1770, Yardley London has been keeping the English sweet-smelling with its range of fine floral fragrances and toiletries. To celebrate refreshed formulas. elegant repackaging, and the continued success of the heritage brand, Yardley is offering one lucky couple dinner for two at the venue of the winner's choice, along with a 'His & Hers' fragrances for both the winner and five

2. Sconnoisseur 3 months'-worth of scones, tea and preserves to your door London's Sconnoisseur has a deep-rooted love for the quintessential English cream and is aiming to elevate the mid-afternoon spread to new heights with a range of flavoured scones perfectly paired with condiments and teas. Sconnoisseur brings the treats direct to your door with bespoke delivery boxes. Stomach rumbling? We're giving away one 3-month subscription, worth £25.99.

3. Womersley Lime, black pepper & lavender vinegar With 'drinking vinegars' en vogue, Womersley's Great Taste Award-winning Lime, black pepper & lavender vinegar has come into its own. The sour and fragrant fruit vinegar is as at home as a cordial or cocktail ingredient as it is in stir-fries, salad dressings, or as a luxurious treat on fish and chips. We're giving away a 250ml bottle to help one reader get a taste. womersleyfoods.com

4. Pandora Bell Luxury confectionary

Ireland's only luxury confectionary brand is celebrating its fifth birthday, and life couldn't be sweeter. Good things like Crumbly pure butter fudge, Fleur de sel butter caramels, Real fruit jellies, Irish cream liqueur fudge and Chocolate-coated nougat are now available in the world's most discerning food halls - and we've got one of each product for a lucky reader to enjoy. pandorabell.com

5. Seed & Bean 'The Ultimate Collection' **chocolate hamper** If you'd rather come upon a treasure chest stuffed to the gunwales with top-quality, 100% organic and ethical chocolate than gilt, you're in luck. Seed & Bean's 'Ultimate Collection' includes a fullsized bar of all 18 of the innovative flavours in the range, plus 4-bar collections in both Dark and Milk & White edits. All this booty is packed into an embossed wooden box - and we've got one to give away. seedandbean.co.uk

- 6. Geranium Gin Hammer and Son's Geranium Gin was created was created by Henrik Hammer, an accredited IWSC Gin judge who was curious about the use of geranium as a botanical and teamed up with his father to realise the new creation. If you'd love to treat your mum this Mothers' Day (or even just keep it for yourself), we're giving a bottle away. geraniumgin.com
- **7. FlavrBox subscription** If you love hunting down new food artisans but free time is at a premium, FlavrBox is the ideal solution. Delivered directly to your door, each box is packed with products from the UK's finest independent food makers, featuring a wellbalanced range of sweet and savoury items you're unlikely to encounter elsewhere. We're treating one reader to a 2-month subscription worth £54. *flavrbox.com*
- **8. Keen Nut Butter hamper** Clean-eating fan Aimee Beimers founded Keen in 2013, with the aim of improving diets with her collection of delicious foodstuffs. The Irish brand's largely sugar-and dairy-free Nut Butter range has grown to a core range of 6 flavours plus seasonal specials – and we're offering one reader a hamper of 8 great varieties including Macadamia White Chocolate and Pecan Maple. keennutbutter.com
- 9. La Fleur de Chocolat Chocolate tasting club membership Herefordshire chocolatier Jacqueline Keenan honed her skills all over France, and now creates luxury chocolates for her very own company, Fleur de Chocolat. Membership to the tasting club brings a monthly delivery comprising a seasonal box of 15 chocolates, 2 bars of chocolate (dark and filled), and a unique surprise. One lucky worth £90. lafleurdechocolat.co.uk
- 10. Plum & Ashby Vintage homeware purveyors Plum & Ashby understands that you might cook amazing food, but you the same. The company's natural reed Tea & Passionfruit Diffuser provides eight weeks of sweet-smelling room fragrance in an elegant 100ml glass bottle, packed into a numbered presentation box - and we have one to give away, worth £28. plumandashby.co.uk

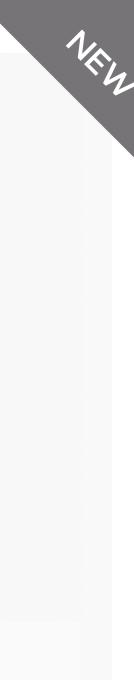
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